Home Economics Department

S1-S3

Recipe Book

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RECIPES

1. Broccoli and Cauliflower Crunchy Flan
2. Cheese Soda Bread
3. Cheesy Pasta
4. Cheese and Onion Flan
5. Calzone Pizza
6. Chicken à la King
7. Chicken Curry
8. Chicken Noodle Soup
9. Chicken Rainbow Rice
10. Chilli Con Carne
11. Fish and Chips
12. Lasagne
13. Malay Style Chicken
14. Meatballs in Tomato sauce
15. Minestrone Soup
16. Moroccan Chicken
17. Muffin Pizza
18. Pasta Bolognaise
19. Pasta & Spicy Tomato Sauce
20. Pasta Carbonara (Low fat)
21. Pasta Florentina
22. Pizza Pinwheels
23. Ratatouille
24. Savoury Flatbread
25. Shepherd’s Pie
26. Spicy Sausage Pasta
27. Spicy Beef Nachos
28. Sweet & Sour Chicken
29. Tomato & Basil Soup
30. Tortilla Wraps
31. Tuna/Seafood Pasta Bake
32. Vegetable Curry
33. Vegetable & Bean Soup
34. Vegetable Enchilada
35. Vegetable Puff Pastry Tart
36. Vegetable Lasagne
37. Wedges & Smoked Mackerel Dip
38. Anzac Biscuits
39. Apple Crumble
40. Apple Spice Muffins
41. Black Cherry Roulade
42. Butterfly Cakes
43. Carrot Cake
44. Cheesecake
45. Chocolate Chip Cookies
46. Chocolate Fudge Pudding
47. Christmas Muffins
48. Citrus Sponge
49. Crunchy lemon Loaf
50. Drop Scones
51. Easter Cake
52. Fresh Fruit Salad
53. Fruit Sponge
54. Flapjack
55. French Apple Cake
56. Gingerbread
57. Hot Swiss Trifle
58. Mince Pies
59. Muesli Cookies
60. Orange Bakewell Pudding
61. Pineapple Upside Down pudding
62. Queen Cakes
63. Raisin Biscuits
64. Rock Buns
65. Rosy Apple Meringue Pie
66. Shortbread
67. Swiss Roll
68. Tiffin
69. Truffles
70. White Chocolate Cookies
71. White Chocolate & Lime Cheesecake
72. Wholemeal Scones

**1. Broccoli and Cauliflower Crunchy Flan**

Ingredients

75g plain flour

40g margarine

3x5ml spoons cold water

125ml milk

15g margarine

15g plain flour

50g cheese

75g cooked broccoli and cauliflower

25g plain flour

12g margarine

25g cheese

Method

1. Switch on oven to preheat at 200°C.
2. Rub margarine into flour, add water and mix to stiff dough.
3. Roll out and line a 15cm flan case.
4. Bake blind for 15 minutes.
5. Grate cheese.
6. Place milk, margarine and flour into a small pan.
7. Stir continuously, boil until sauce has thickened.
8. Remove from the heat and stir in grated cheese.
9. Add vegetables, stir and pour into cooked flan case.
10. Rub in remaining flour and margarine and grate in the remaining 25g cheese.
11. Mix together and sprinkle the cheese crumble over the flan.
12. Return to the oven and bake for a further 10-15mins or until the filling is golden brown.

**2. Cheese Soda Bread**

**Ingredients**

75g SR wholemeal flour

75g plain flour

1.25ml salt

1.25ml bicarbonate of soda

100ml milk

2.5ml lemon juice

40g mature cheddar cheese

3 chive stalks or 1.25ml dried chives

**Method**

1. Preheat the oven to 200°C
2. Add the lemon juice to the measured milk and leave to curdle
3. Grate the cheese
4. Wash and dry the chives and snip into 5mm pieces
5. Sieve the flours, salt and bicarbonate of soda into a large bowl
6. Add the grated cheese and chives
7. Make a well in the centre and pour in the milk
8. Using a knife mix to a soft elastic dough
9. Flour the table and lightly knead the dough
10. Form into a round and then flatten slightly
11. Place on a lightly floured baking tray
12. Cut a cross on the top and bake for about 20-30 minutes.
13. The loaf is ready when it sounds hollow when tapped on the bottom.
14. Cool on a wire tray

**3. Cheesy Pasta**

**Ingredients**

75g pasta

20g flour

20g margarine

200ml milk

Pinch pepper

50g cheese

25g sweetcorn

25g peas

**Method**

1. Half fill pan with cold water and bring to boil, put in pasta and boil for 12 minutes. Add the vegetables after 8 minutes.
2. While the pasta is boiling grate the cheese onto a plate.
3. Measure milk and pour into a small pan.
4. Blend in flour until there are no lumps.
5. Add margarine, place on the cooker and using a wooden spoon stir until the sauce boils and thickens.
6. Remove from the heat and add ¾of the grated cheese, stir until it has melted.
7. Drain the pasta and vegetables and stir into the sauce.
8. Season with pepper.
9. Pour into a foil dish and sprinkle with remaining cheese.

**4. Cheese & Onion Flan**

**Ingredients**

75g short crust pastry

1 egg + milk to make up to 125ml

40g mature cheddar cheese

1 onion

Seasoning

**Method**

1. Preheat oven to 200˚C.
2. Roll out pastry to line a 15cm flan case.
3. Finely slice the onion and place in the bottom of the flan case.
4. Grate the cheese and place on top of the onion.
5. Beat the egg in a measuring jug and make up to 125ml with milk, add a few shakes of pepper.
6. Pour on top of onion and cheese.
7. Place on a baking tray and bake in the hot oven until the top is golden brown and the egg is set.

**5. Calzone Pizza**

**Ingredients**

Base

75g bread mix

45ml warm water

Topping

15ml Tomato pizza topping

Pinch mixed herbs

40g cheese

\*Green/red pepper

\*2 slices pepperoni OR small piece smoked sausage

\*¼ onion

 \* **Optional**

**Method**

1. Set oven to 190°C.
2. In a large bowl mix the water and bread mix until a soft dough.
3. Roll out to fit a foil plate.
4. Prepare topping ingredients e.g. finely slice the onion and grate cheese.
5. Spread the tomato pizza topping over half the base
6. Add any additional ingredients, grated cheese and herbs.
7. Fold dough over and pinch the edge to close.
8. Place on the foil plate, then on a baking tray.
9. Bake for 20 minutes until well risen and golden brown.

**6. Chicken à la King**

**Ingredients**

½ onion

¼ red pepper

2 mushrooms

15ml oil

100g chicken

20g margarine

20g plain flour

200ml milk

¼ chicken stock cube

Seasoning

75g long grain rice

**Method**

1. Finely chop the onion.

2. Wash and deseed the pepper, cut into 1cm dice.

3. Wipe and slice the mushrooms.

4. On a red board, cut the chicken into bite sized pieces. Wash hands after handling raw meat.

5. Heat the oil and gently fry the onion, pepper and mushroom until soft.

6. Remove the vegetables from the pan.

7. Add the chicken to the pan, seal until it is white on all sides. Remove from the pan.

8. Take the pan off the heat. Place milk, margarine and flour in the pan and using a whisk and then a wooden spoon stir continuously on the heat until the sauce thickens and boils.

9. Stir in the stock cube, chicken and vegetables.

10. Season with salt and pepper.

11. Turn down heat and simmer gently for 10 minutes.

12. While sauce is simmering boil rice.

13. Drain the rice, check chicken is cooked.

14. Place rice in the bottom of a foil dish and pour the chicken sauce into the centre.

**7. Chicken Curry**

**Ingredients**

½ onion

¼ red pepper

75g chicken

15ml oil

2.5ml curry powder

50ml passata

75ml chicken stock

5ml tomato puree

5ml mango chutney

50g long grain rice

Salt & pepper

**Method**

1. Peel and finely chop the onion and deseed, wash and roughly chop the pepper.
2. On a red chopping board cut the chicken into bite sized pieces and season with salt & pepper.
3. **WASH HANDS** after preparing raw chicken.
4. Half fill a pan with cold water and put on to boil.
5. Heat the oil in a small pan and seal the chicken.
6. Add the onion and pepper and sauté until soft.
7. Stir in the curry powder and fry for 1 minute.
8. Stir in the passata, chicken stock, tomato puree and mango chutney.
9. Return to the heat and bring to the boil. Turn down the heat, put a lid on the pan and simmer for 20mins.
10. Boil the rice for 12 minutes.
11. Drain and serve with curry.

**8. Chicken Noodle Soup**

**Ingredients**

1 chicken stock cube

½ small onion

400ml water

25g chicken

50g small soup pasta/spaghetti

**Method**

1. Finely chop the onion.
2. Place in a medium pan with the water and stock cube.
3. Bring to the boil and then turn the heat down to simmer.
4. On a red chopping board cut the chicken into bite sized pieces.
5. Add to the simmering stock and onion.
6. When the chicken has cooked, add the pasta and simmer for a further 7 minutes until cooked.
7. Serve immediately.

**9. Chicken Rainbow Rice**

**Ingredients**

50g chicken breast

15ml chopped onion

50g sliced peppers

15ml oil

75g long grain rice

½ chicken stock cube

150ml water

1.25ml mixed herbs

15ml frozen peas

15ml frozen sweetcorn

**Method**

1. Using a red chopping board cut the chicken into bite sized pieces and then cut sliced peppers into small dice.
2. **Wash hands after handling raw chicken.**
3. Gently heat the oil in a medium pan.
4. Fry the onion and peppers for approx. 2 minutes and then add the chicken.
5. Stir until the chicken has turned white on all sides.
6. Add the rice to the chicken and vegetables; add the herbs, water and stock cube.
7. Stirring all the time bring to the boil and then immediately turn the heat down to the lowest setting. Place a lid on the pan.
8. Every 2 minutes check that there is enough liquid in the pan and that the rice is not sticking. Add a little more water if required.
9. After 15mins add the peas and sweetcorn. Cook for a further 5 mins.
10. The dish is cooked when the rice is soft and there is no pink left in the chicken.

**10. Chili con Carne**

**Ingredients**

100g minced beef

½ onion

¼ red or green pepper

½ carrot

1.25ml chilli powder

1.25ml mixed herbs

100ml tinned chopped tomatoes

5ml tomato puree

50g tinned kidney beans

75g long grain rice

**Method**

1. Finely chop the onion.
2. Deseed and wash the pepper, peel and wash the carrot and cut both into small dice.
3. Brown the mince in a hot pan.
4. Add the vegetables, tomatoes, puree, chilli, herbs and approx. 50ml water.
5. Bring to the boil then turn the heat down and simmer with a lid on for approx. 20mins.
6. Half fill a large pan with cold water and put on to boil.
7. Add the rice and boil for 12 minutes or until the rice is soft.
8. Stir in the kidney beans.
9. Drain rice through a sieve and place in a heated serving dish.
10. Place chilli sauce in the centre of the rice.

**11. Fish and chips**

**Ingredients**

70g white fish fillet

30ml breadcrumbs/cereals

15ml oil

1 medium size potato

Herbs and spices

**Method**

1. Preheat the oven to 190°C.
2. Wash and cut the potato in wedges, skin on.
3. Add them to the plastic bag with oil, herbs and spices.
4. Transfer to the baking tray and put them in the oven
5. Finely crush cereals and add to the same plastic bag.
6. Top up with spices and herbs if needed
7. Add fish fillet in the bag and coat it with the flavoured crumbs.
8. Place fish in a baking tray and in the oven for about 10 to 15 minutes.
9. Remove from the oven when golden.
10. The potatoes will be ready when a fork will go through them easily.

**12. Lasagne**

**Ingredients**

*Make Bolognese sauce from recipe*

20g margarine

20g flour

200ml milk

40g cheese

Seasoning

2 sheets lasagne

**Method**

1. Make the bolognaise sauce.
2. Preheat the oven to 200˚C.
3. Grate the cheese onto a plate.
4. Place the flour and a little of the measured milk into a small pan.
5. Blend together until there are no lumps.
6. Add the remainder of the milk and the margarine.
7. Place on the heat and stir continuously until the sauce boils and thickens.
8. Remove from the heat and stir in half the grated cheese.
9. Taste and season.
10. Place half of the bolognaise sauce in the bottom of a foil dish.
11. Place a lasagne sheet on top followed by just under half of the cheese sauce.
12. Repeat the layers finishing with cheese sauce.
13. Sprinkle the remaining cheese on top.
14. Place the foil dish on a baking tray and bake for 20-30minutes until bubbling and golden brown on top.

**13. Malay Style Chicken**

**Ingredients**

1 small onion

½ green or red pepper

¼ clove garlic

100g chicken

125g tinned pineapple

15ml oil

2.5ml cumin

2.5ml ground coriander

2.5ml turmeric

125ml water

½ stock cube

25g creamed coconut

75g basmati rice

**Method**

1. Peel and slice onion, wash, de seed and chop pepper, crush garlic.
2. Cut chicken into bite sized pieces.
3. Cut pineapple into chunks.
4. Heat the oil in a wok or frying pan.
5. Fry the spices for ½ minute (do not burn).
6. Add the onion, pepper, garlic and chicken and fry for 2-3 minutes.
7. Add all the remaining ingredients (except the rice) and bring to the boil.
8. Simmer, uncovered for 20-30mins.
9. Place a large pan of water on to boil. Add rice and cook for 12 minutes or till tender.
10. Drain rice and place in a serving dish.
11. Spoon Malay Chicken in centre of the rice.

**14. Meatballs in Tomato Sauce**

**Ingredients**

1 small onion

15ml oil

50ml stock

200ml tinned tomatoes

1 bay leaf

Pinch sugar

100g minced beef or pork

1.25ml garlic powder

15ml beaten egg

15ml breadcrumbs

Salt & pepper

1.25ml mixed herbs

75g pasta

**Method**

1. Peel and finely chop the onion.
2. Place the oil in a medium pan and sauté the onion until soft.
3. Add stock, tomatoes, seasoning, bay leaf and sugar.
4. Simmer gently for 15-20 minutes.
5. Combine mince, egg, breadcrumbs, salt, pepper, garlic powder and herbs in a small glass bowl.
6. Divide the mixture into 6 even sized balls.
7. **Hygiene watch point. Wash hands after handling raw meat.**
8. Gently lower the meatballs into the gently simmering sauce.
9. Put water to boil for pasta and then boil for 12 minutes.
10. Drain pasta and place in the bottom of foil dish.
11. Test the meatballs, if thoroughly cooked remove the bay leaf, place the meatballs and tomato sauce on top of the pasta.

**15. Minestrone Soup**

**Ingredients**

1 small onion

1 small carrot

1 piece celery

1 small piece courgette

15ml oil

300ml water

1 vegetable stock cube

100ml tinned tomatoes

5ml tomato puree

1.25ml mixed herbs

30g red kidney beans (optional)

25g soup size pasta shapes

**Method**

1. Peel and finely chop the onion.
2. Wash, peel and rewash the carrot, cut into small dice.
3. Wash the celery and courgette, cut into small dice.
4. Heat the oil in a large pan, gently sauté the vegetables until soft.
5. Add the tinned tomatoes, water, stock cube, puree and mixed herbs.
6. Bring to the boil and then turn the heat down to allow the soup to simmer until the vegetables are almost cooked.
7. Add the pasta and kidney beans and cook for a further 7minutes.

**16. Moroccan Chicken**

**Ingredients**

1 garlic clove

2.5ml ground ginger

2.5ml ground cumin

2.5ml ground paprika

Pinch ground cinnamon

75g chicken breast

1 small onion

1 small carrot

¼ red pepper

5cm courgette

25g dried apricots

15ml olive oil

75ml tinned chopped tomatoes

75ml chicken stock

25g tinned chickpea

**Method**

1. Crush the garlic and mix with the ginger, cumin and paprika
2. Cut the chicken into bite sized pieces
3. Put the chicken, garlic and spices into a plastic bag, seal it and place in the fridge**. WASH YOUR HANDS.**
4. Finely chop the onion, wash, peel and rewash the carrot and cut into dice.
5. Wash the courgette and pepper, cut into dice along with the apricots.
6. Heat the oil and seal the chicken pieces, add the onion to the pan and sauté until soft.
7. Add the carrot, courgette, pepper, apricots, cinnamon, tomatoes, chicken stock and chickpeas.
8. Bring to the boil, reduce the heat, cover and simmer for 20 minutes.
9. Serve with the couscous.

 75g couscous, 150ml hot chicken or vegetable stock, finely chopped fresh coriander

1. Place the couscous in a foil dish and pour over the hot stock.
2. Loosely cover with the foil dish lid and leave to stand for 5 minutes.
3. Using a fork stir the couscous and mix in the finely chopped coriander.
4. Add a little salt & pepper.

**17. Muffin Pizza**

**Ingredients**

1 bread muffin

10ml tomato sauce/pizza topping from a jar

20g cheese

2 slices tomato or

2 cherry tomatoes

Small piece pepper

Small piece of mushroom

1.25ml mixed herbs

**Method**

1. Collect equipment; collect ingredients on your plate.

2. Put grill on to preheat and LEAVE DOOR OPEN.

3. Cut muffin in half; try to have 2 even pieces.

4. Spread muffin halves with tomato sauce.

5. Grate cheese and sprinkle over pizza.

6. Arrange tomato slices and other vegetables and then sprinkle with herbs.

7. Grill until cheese has melted. DO NOT LEAVE GRILL UNATTENDED.

8. Use oven gloves when using the grill.

9. Serve muffin pizzas on plate.

**18. Pasta Bolognese**

**Ingredients**

75g mince

1 small onion

1 clove garlic

1 small carrot

½ stick celery

¼ red pepper

100ml tinned tomatoes

5ml tomato puree

50ml stock

1.25ml mixed herbs

75g pasta

**Method**

1. Peel and finely chop the onion.
2. Crush the garlic.
3. Wash, peel and rewash the carrot, grate onto a plate.
4. Wash and finely chop the celery and red pepper.
5. Brown the mince in a medium pan.
6. Add the onion, celery, pepper, garlic and carrot.
7. Add the tomatoes, puree, stock and herbs..
8. Bring to boil and then turn down the heat and simmer gently for at least 20minutes.
9. Half fill a large pan with cold water and bring to the boil.
10. Add the pasta and boil for 12minutes.
11. Drain the pasta and place in the bottom of a foil dish.
12. Taste the sauce and adjust the seasoning.
13. Place on top of the boiled pasta.

**19. Pasta & Spicy Tomato Sauce**

**Ingredients**

75g pasta

25g peas

25g sweetcorn

100ml tinned tomatoes

5ml tomato puree

15ml oil

½ onion

1 mushroom

¼ pepper

1.25ml garlic granules

Pinch chilli powder

50ml water

**Method**

1. Half fill a large pan with cold water and put on to boil.
2. Chop onion, wash and chop pepper, wipe and slice the mushroom.
3. When the water is boiling add the pasta and boil for approx. 12minutes.
4. Put the oil into a small pan and gently fry the onion, pepper and mushroom for about 5 minutes.
5. Add the tomatoes, puree, water, chilli, garlic, peas and sweetcorn.
6. Bring to the boil and then turn the heat down low and simmer the sauce until it thickens.
7. When the pasta is cooked drain through a sieve and place in a foil dish.
8. Pour the spicy tomato sauce over the pasta.

**20. Pasta Carbonara (Low Fat)**

**Ingredients**

60g pasta

1 rasher back bacon

1 clove garlic

5ml oil

50ml low fat crème fraiche

30g low fat mature cheddar

Black pepper

**Method**

1. Half fill a large pan with cold water and bring to the boil.
2. When the water is boiling add the pasta and boil for 12 minutes until the pasta is cooked.
3. While the pasta is boiling, using a red board trim the bacon of any visible fat and cut into 1 cm pieces. **Wash hands.**
4. Crush the garlic.
5. Grate the cheese onto a plate.
6. In a small pan gently fry the bacon in the 5ml oil, when almost cooked, add the garlic but do not let it burn.
7. Add the cooked pasta and 45ml crème fraiche, return to the heat and stir only until the crème fraiche is heated through, do not boil.
8. Remove from the heat and add the grated cheese.
9. Add some black pepper and place in foil dish.
10. Eat while still hot

**21. Pasta Florentina**

**Ingredients**

¼ red pepper

½ small onion

1 clove garlic

75g wholemeal pasta

15ml oil

100g tinned chopped tomatoes

1.25ml dried basil

50g baby spinach

25g grated mozzarella

5ml grated parmesan cheese

**Method**

1. Half fill a large pan with cold water. When boiling add the pasta and cook for 12 mins or until soft.
2. Deseed and wash the pepper, cut into small dice.
3. Peel and chop the onion, peel and crush the garlic.
4. Heat the oil in a small pan and gently fry the onions, garlic and peppers for about 2 minutes until they are soft.
5. Stir in the chopped tomatoes and basil. Simmer for 5-10 minutes.
6. When the pasta is cooked remove from the heat and stir in the spinach and allow to wilt.
7. Drain the pasta and spinach, add to the tomato sauce, season with black pepper and mix thoroughly.
8. Pour into a foil dish.
9. Sprinkle the cheeses on top and grill until lightly golden brown.

**22. Pizza Pinwheels**

**Ingredients**

150g SR flour

25g margarine

1 egg

50ml milk

30ml pizza sauce (almost tomato puree consistency)

40g cheese

1 mushroom (optional)

5ml spoon mixed herbs

¼ onion (optional)

**Method**

1. Preheat oven to 200ºC. Place a sheet of baking parchment on the baking tray.
2. Sieve flour into a bowl and rub in margarine.
3. Beat the egg and milk together in the measuring jug and add to the flour mixture.
4. Using a table knife mix to form soft dough.
5. Lightly flour the table, knead the mixture lightly and roll out to form a rectangle.
6. Peel and thinly slice the onion, slice the mushrooms.
7. Spread the tomato puree over the rectangle of dough and place the sliced vegetables on top leaving a 2cm gap around the edges.
8. Grate the cheese and with the herbs sprinkle on top of the vegetables.
9. Roll up from the long end sealing the filling inside.
10. Cut into 4 cm slices and place flat on the baking tray.
11. Bake for approx. 10 mins and then cool on a cooling rack.

**23. Ratatouille**

**Ingredients**

50ml water

5ml tomato puree

Seasoning

2.5ml mixed herbs

50g cous cous

125ml vegetable stock

½ small onion

¼ courgette

¼ pepper

¼ aubergine

1 clove garlic

15ml olive oil

100ml chopped tomatoes

**Method**

1. Peel and chop the onion.
2. Peel and crush the garlic.
3. Rinse all other vegetables and cut into 2cm dice
4. Gently heat the oil in a medium pan and sauté onion and garlic for 2 minutes.
5. Add the peppers and fry for a minute
6. Add the aubergines and fry for a further minute
7. Add the courgette, water the tomatoes, puree, herbs and seasoning.
8. Bring to the boil and then simmer for 10 minutes.

**Method for Cous cous**

* + - 1. Add cous cous into foil dish
			2. Pour hot stock over it
			3. Cover with lid and leave to absorb stock

**24. Savoury Flat Bread**

**Ingredients**

1 rasher smoked back bacon

2 small mushrooms

50g red or green pepper

½ onion

30ml oil

150ml passata

Salt & pepper

50g SR wholemeal flour

100g SR flour

Pinch cayenne pepper

40g margarine

100ml milk

75g grated cheese

2.5 ml dried basil

sliced tomato

50g tuna (optional)

**Method**

1. Preheat oven to 200˚C.
2. Roughly chop the bacon.
3. Wash, dry and slice mushrooms, wash, dry and roughly chop the pepper, peel and chop the onion.
4. Heat the oil in a small pan and gently fry for 1 minute the bacon, onion, mushrooms and pepper.
5. Add the passata to the vegetable mixture and simmer for 2-3 minutes until reduced. Add seasoning. Turn off the heat.
6. Sieve flours & cayenne pepper into a large bowl, rub in margarine.
7. Add the milk and stir until a soft, elastic dough.
8. Lightly flour the clean table and roll out to a 22cm square.
9. Form an edge on the rolled out dough and place on a floured baking tray.
10. Spread the tomato mixture on top and then add tuna if using.
11. Sprinkle the grated cheese and dried basil on top.
12. Arrange sliced tomato on top.
13. Bake for 20-25 mints until golden brown.

**25. Shepherd’s Pie**

**Ingredients**

100g mince

1 small onion

1 medium carrot

50ml water

¼ beef stock cube

2.5ml gravy granules

Seasoning

2 medium potatoes

12g butter

15ml milk

**Method**

1. Peel and finely chop the onion.
2. Peel and wash the carrot, cut into even sized dice.
3. Brown the mince in a medium pan.
4. Add the onion and carrot.
5. Cook gently until the onion and carrot soften.
6. Add the water and stock cube.
7. Lower the heat and simmer gently for approx. 20 minutes.
8. Add the gravy granules to thicken the mince and a little more water if required.
9. Preheat oven to 200˚C.
10. Wash, peel and rewash the potatoes, cut into even sized pieces.
11. Place in a pan and cover with cold water, put the lid on the pan.
12. Bring to the boil and cook for 15-20 minutes or until they are soft when tested with a fork.
13. Drain and then mash until smooth.
14. Add the butter and milk and beat with a wooden spoon.
15. Place the mince evenly in the bottom of a foil dish.
16. Cover evenly with the mashed potato.
17. Bake in the preheated oven until the potatoes are golden on top.

**26. Spicy Sausage Pasta**

**Ingredients**

75g pasta

25g peas

25g sweetcorn

100ml tinned tomatoes

5ml tomato puree

15ml oil

½ onion

1 mushroom

¼ pepper

1.25ml garlic granules

Pinch chilli powder

50ml water

50g low fat smoked sausage

**Method**

1. Half fill a large pan with cold water and put on to boil.
2. Chop onion, wash and chop pepper, wipe and slice the mushroom.
3. When the water is boiling add the pasta and boil for approx. 12 minutes.
4. Put the oil into a small pan and gently fry the onion, pepper and mushroom for about 5 minutes.
5. Add the tomatoes, puree, water, chilli, garlic, peas and sweetcorn.
6. Bring to the boil and then turn the heat down low.
7. Slice the smoked sausage, add to the tomato sauce and simmer until the sauce thickens. You may have to add a little more water.
8. When the pasta is cooked drain through a sieve and place in a foil dish.
9. Pour the spicy tomato sauce over the pasta.

**27. Spicy Beef Nachos**

**Ingredients**

50g minced beef

1 small onion

1.25ml chilli powder

5ml vegetable oil

60ml tinned chopped tomatoes

50g nachos

30ml soured cream

20g grated cheddar cheese

**Method**

1. Chop the onion finely.
2. Heat the oil in small pan and gently fry the onion and minced beef.
3. Make sure the grains of mince are separated.
4. Add the chilli powder and fry for 2 minutes.
5. Add the chopped tomatoes and cook gently for 5-10 minutes.
6. Arrange the nachos in a foil dish.
7. Spoon the mince mixture on top of the nachos.
8. Top with grated cheese.
9. Grill for 2-3 minutes or until the cheese is bubbling.
10. Serve with the soured cream.

**28. Sweet & Sour Chicken**

**Ingredients**

100g chicken

½ small onion

¼ red or green pepper

15ml oil

1 ring tinned pineapple

50ml pineapple juice

30ml water

5ml Demerara sugar

2.5ml Worcester sauce

10ml tomato ketchup

5ml mango chutney

10ml malt vinegar

5ml cornflour

75g rice

**Method**

1. On a red board cut chicken into bite sized pieces. **Wash hands after touching raw meat.**
2. Cut the pineapple into bite sized pieces.
3. Finely chop the onion.
4. Wash and cut the pepper into thin strips.
5. Heat oil in a medium pan and seal the chicken.
6. Add the onion and pepper to the pan and gently fry until soft.
7. Remove the pan from the heat.
8. Add the cornflour, Worcester sauce, ketchup, chutney, sugar, pineapple pieces and vinegar to the pan.
9. Add the juice and water, stir thoroughly and return to heat.
10. Stir until the mixture thickens. Add more water if required.
11. Lower the heat and simmer gently for approx. 20 minutes.
12. Half fill a large pan with cold water and bring to the boil.
13. Add the rice and boil for 12 minutes.
14. Drain the rice, place in the bottom of a foil dish.
15. Check that the chicken is cooked and pour sweet and sour in the centre of the rice.

**29. Tomato & Basil Soup**

**Ingredients**

½ onion,

½ carrot

½ potato

1.25ml dried basil

10 ml oil

½ vegetable stock cube

300ml water

200g tinned tomatoes

**Method**

1. Peel and chop onion. Wash, peel, rewash and grate carrot and potato.
2. Warm oil, fry onion gently for 3 minutes, add carrot and potato.
3. Put tomatoes, stock cube, water, basil and seasoning into pan with onions.
4. Bring to boil, simmer gently for 15 minutes with lid on.
5. Remove soup from cooker, cool slightly and blend until smooth.

**30. Tortilla Wraps**

**Ingredients**

1 small onion,

¼ red/green or yellow pepper

5ml oil

1cm tube garlic or 1 clove garlic

2 pinches chilli powder

1.25 ml ground cumin

100 ml tinned tomatoes

1.25 ml mixed herbs

5 ml tomato puree

15g kidney beans

2 flour tortillas,

15 ml soured cream,

30 g grated cheese

**Method**

1. Preheat oven to 180˚C
2. Peel and finely chop onion and red pepper.
3. Heat oil and fry onion gently, 3 minutes.
4. Add pepper and fry for 2 minutes.
5. Add garlic, chilli, cumin, cook 1 minute.
6. Add tomatoes, herbs and tomato puree, simmer 10 minutes.
7. If the sauce is too thick add a little cold water.
8. Add kidney beans.
9. Divide sauce between tortillas, top with grated cheese and roll up
10. Place in a foil dish and bake for 5 minutes.
11. Serve hot with soured cream.

**31. Tuna/Seafood Pasta Bake**

**Ingredients**

75g pasta

20g flour

20g margarine

150ml milk

15ml tuna fish OR 25g smoked haddock

15ml peas

15ml sweetcorn

15ml breadcrumbs

30g grated cheese

**Method**

1. Preheat the oven to 200˚C.
2. Half fill a large pan with cold water and place on high to boil. When boiling add the pasta and boil for 12 minutes.
3. Place the flour in a small pan and blend with a little of the measured milk.
4. Add the remaining milk and margarine and stir continually over a high heat until the sauce thickens.
5. Remove from the heat and stir in ¾ of the cheese, peas, sweetcorn and fish.
6. Add the drained pasta and place in a foil dish.
7. Mix the remaining cheese with the breadcrumbs and sprinkle over the pasta.
8. Bake in the oven for 10 minutes or until the cheese and breadcrumbs have turned crispy and golden brown.

**32. Vegetable Curry**

**Ingredients**

½ small Onion 2 Pots

½ small Carrot Vegetable Knife

½ small Potato Wooden Spoon

10 ml oil Measuring jug

5ml curry powder Sieve

125ml water chopping board

5ml tomato puree vegetable peeler

50g long grain rice

**Method**

1. Half fill a large pan with salted water and put onto boil.
2. Peel and finely chop the onion.
3. Wash, peel, rewash and dice carrot and potato.
4. Add the rice to the boiling water and cook for 12 minutes.
5. Heat oil in a medium saucepan.
6. Fry vegetables gently for 1 minute.
7. Add curry powder to vegetables and cook for 1 minute, stirring all the time.
8. Add stock and tomato puree to vegetables.
9. Turn down heat and simmer for 15 minutes until vegetables are soft. LID ON!
10. Test curry for seasoning.
11. Test rice for readiness – between your thumb and finger is it soft?
12. Drain rice through a sieve.
13. Serve curry with a border of rice.

**33. Vegetable & Bean Soup**

**Ingredients**

2 medium carrots

1 small onion

1 stick celery

1 courgette

5ml oil

100g butter or haricot beans

400ml water

1 vegetable stock cube

1 bay leaf

10ml tomato puree

**Method**

* + - 1. Peel and chop the onion.
			2. Wash, peel and rewash the carrot. Cut into rough dice.
			3. Wash the celery and courgette, cut into rough dice.
			4. Gently sauté the vegetables in the oil.
			5. Add the water, stock cube, puree, bay leaf and simmer until all the vegetables are soft.
			6. Add the beans and simmer for a further 5 minutes.
			7. Remove the bay leaf and either blend the soup until smooth or leave unblended and chunky.
			8. Taste and adjust the seasoning.

**34. Vegetable Enchilada**

**Ingredients**

¼ red pepper

¼ yellow pepper

¼ green pepper

¼ small red onion

5ml vegetable oil

Pinch of fajita spice mix

15ml grated cheese

1 tortilla

**Method**

1. Remove the seeds and wash the peppers.
2. Slice into thin strips of an equal size.
3. Peel and thinly slice the onion.
4. Place 5ml oil in a small pan, add the vegetables and lightly fry for 2 minutes.
5. When cooked place on top of the tortilla.
6. Sprinkle over the fajita mix and grated cheese.
7. Fold up the tortilla.
8. Serve immediately.

**35. Vegetable Puff Pastry Tart**

**Ingredients**

1 piece of puff pastry approx. 100g

¼ red pepper, ¼ green pepper, ¼ yellow pepper

6 cherry tomatoes

6 button mushrooms

½ red onion

1 clove of garlic

12g butter

15ml beaten egg

50g feta cheese

Fresh rosemary sprigs

Seasoning

**Method**

1. Preheat the oven to 220˚C.
2. Wash and thinly slice the peppers and onions, crush the garlic
3. Wash and cut in half the cherry tomatoes and mushrooms
4. Melt the butter in a small pan and gently sauté the vegetables and garlic until slightly soft. Season.
5. Roll out the pastry until it measures a rectangle 20cm x 10cm.
6. With a sharp knife score an inner rectangle 2cm away from the edge.
7. Brush this edge with beaten egg.
8. Neatly arrange the vegetables inside the pastry.
9. Crumble over the feta cheese and a little fresh rosemary
10. Bake for 15-20 minutes until the cheese is slightly melted and the outside edge is well-risen and golden brown.

**36. Vegetable Lasagne**

**Ingredients**

1 small onion Cheese Sauce

1 small carrot 25g plain flour

1 garlic clove 25g margarine

Small piece of aubergine 250ml milk

¼ green pepper 50g grated cheese

¼ red pepper seasoning

 60ml chopped tomatoes

15ml oil

15ml tomato puree

1.25 ml oregano/mixed herbs

2 sheets lasagne

**Method**

1. Peel and slice onion, wash, peel and rewash carrot and chop into 1cm dice.

2. Wash and dice the aubergine, crush the garlic, wash and dice the peppers.

3. Gently heat the oil and fry the onion and garlic until soft.

4. Add the all the other prepared vegetables and soften for a further 5 minutes.

5. Add the tomatoes, puree and herbs and simmer gently for 10 minutes.

6. Preheat the oven to 180˚C.

7. Make the cheese sauce. Blend the flour and cold milk together in a small pan. Add the margarine and stirring the entire time place on the hob.

8. Bring to the boil and keep stirring until the sauce has thickened. Remove from the heat and stir in ½ the grated cheese.9.Place ½ the vegetable sauce in the bottom of a foil dish and then a lasagne sheet on top followed by a layer of cheese sauce.

10 Repeat these layers and sprinkle the remaining cheese on top of the cheese sauce.

11. Place on a baking tray and bake until golden brown on top.

**37. Wedges & Smoked Mackerel Dip**

**Ingredients**

1 smoked mackerel fillet

50g fromage frais

5 ml creamed horseradish

15ml chopped parsley or dill

2.5ml lemon juice

1 large potato

15ml oil

**Method**

1. Preheat the oven to 200˚C.

2. Wash and scrub the potato and cut away any blemishes.

3. Cut into even sized wedges.

4. Place in a plastic bag with the oil and rub the potatoes to coat evenly.

5. Place on baking tray and bake for 20 minutes or until the wedges are soft.

6. Remove the skin from the fish and roughly flake with a fork.

7. Add the fish to the fromage frais.

8. Add the horseradish, chopped parsley and lemon juice and mix well.

9. Serve with the potato wedges.

**38. Anzac Biscuits**

**Ingredients**

75g soft margarine

10ml golden syrup

85g granulated sugar

40g SR flour

40g desiccated coconut

50g porridge oats

**Method**

1. Preheat the oven to 180˚C.
2. Place margarine, syrup and sugar in a medium pan and heat gently until melted.
3. Stir in the oats, flour and coconut and mix well.
4. Spoon about 20 slightly flattened mounds of mixture onto a baking tray.
5. Bake for about 10 minutes or until they have spread out flat and are lightly browned at the edges.
6. Leave to cool on the tray for a few moments and then carefully lift off onto a wire cooling tray.

**39**. **Apple Crumble**

**Ingredients**

75g plain flour

40g margarine

15ml demerara sugar

15ml porridge oats

1 Medium/Small cooking apple

15ml granulated Sugar

**Method**

1. Preheat the oven on to 190°C.
2. Sieve the plain flour into a large bowl.
3. Measure the margarine and put it into the large bowl with the flour and roughly cut up.
4. Rub in the margarine and flour until it resembles bread crumbs.
5. Add the demerara sugar and porridge oats and mix in.
6. Peel, core and slice the apple.
7. Place into the foil container and sprinkle with granulated sugar.
8. Spoon the crumble mixture on top of the apple and shake the container to make it level.
9. Place on a baking tray and put into the oven for 20 minutes.
10. Test the apple is soft with a skewer.

**40. Apple Spice Muffins**

**Ingredients**

125g SR flour

2.5ml baking powder

1.25ml cinnamon

25g margarine

40g caster sugar

15ml sultanas

½ apple

1 egg

125ml milk

**Method**

1. Preheat the oven to 200˚C.
2. Put 9 paper cases into a bun tray.
3. Sieve the flour, cinnamon and baking powder into a large bowl.
4. Rub in the margarine until the mixture resembles breadcrumbs.
5. Stir in the sugar and sultanas.
6. Peel, core and coarsely grate the apple into the rubbed in mixture.
7. Measure the milk into jug and beat in the egg with a fork.
8. Quickly add the egg and milk to the rubbed in mixture, the mixture will be quite lumpy.
9. Spoon into the cases and fill almost to the top.
10. Bake in the preheated oven for approx. 20 mins or until well risen, golden and firm to the touch.
11. Carefully remove and cool on a wire tray

**41. Black Cherry Roulade**

**Ingredients**

2 eggs

50g caster sugar

75g SR Flour

30mls Black Cherry jam

100ml double cream

**Method**

1. Preheat oven to 200˚C.
2. Line a Swiss Roll tin with baking parchment.
3. In a glass bowl whisk eggs and sugar until thick
4. Sieve in flour and lightly fold into the egg mixture
5. Put into the prepared tin and bake for 8 – 10 minutes.
6. Turn out onto a piece of sugared greaseproof paper
7. With a sharp knife trim the edges.
8. Place a piece of greaseproof paper on top of the trimmed sponge and roll up.
9. Allow to cool.
10. In a small glass bowl whip the cream to a piping consistency
11. Unroll the sponge, spread with jam and cream, (reserve some for piping on top) and carefully reroll.
12. Pipe along the top of the Swiss roll with rosettes of cream

**42. Butterfly Cakes**

**Ingredients**

50g SR flour

50g margarine

50g caster sugar

1 egg

6 paper cases

25g margarine

50g icing sugar

**Method**

* + - 1. Preheat oven to 190˚C.
			2. Sieve flour into a large bowl and add the caster sugar, margarine and egg.
			3. Using an electric mixer beat until the mixture is paler in colour and a soft dropping consistency.
			4. Place the paper cases in a bun tray and divide the mixture evenly between the cases.
			5. Bake in the preheated oven for about 20 minutes or until well risen and golden browm.
			6. Cool on a wire tray.
			7. Carefully cut out the tops of the cakes to make the wings.
			8. In a clean bowl beat the margarine and icing sugar together until pale in colour and very soft & smooth. Use 5ml milk if the icing is not smooth.
			9. When the cake are completely cold place a small amount of icing on top of each cake and place the wings in position.
			10. Dust each cake lightly with a little sieved icing sugar.

**43. Carrot Cake**

**Ingredients**

1 medium carrot

100g SR Flour

5ml mixed spice

25g dried fruit

50g soft brown sugar

1 egg

15ml warm syrup

3x 15ml vegetable oil

3x15ml oil

**Method**

1. Preheat oven to 190˚C. Prepare cake tin.
2. Sieve flour and mixed spice into large bowl.
3. Add dried fruit and sugar.
4. Wash, peel, rewash and grate carrot.
5. Add to large bowl.
6. Beat egg in measuring jug then add oil and syrup. Beat well.
7. Pour egg mixture into large bowl and mix thoroughly.
8. Put mixture into cake tin.
9. Bake for 20mins until springy to touch and a skewer comes out clean.
10. Cool on wire rack.
11. Sieve icing sugar over the cake.

**44. Cheesecake**

**Ingredients**

6 digestive biscuits

40g margarine

15ml whipped cream

100g cream cheese

50g caster sugar

1 small tub strawberry yogurt

25g chocolate

**Method**

1. Melt margarine in a small pan.
2. Crush biscuits and stir into melted margarine.
3. Press into the base of a 15cm round foil dish.
4. In a large glass bowl cream the sugar and cream cheese until smooth.
5. Stir in yogurt and then fold in whipped cream.
6. Spread evenly over the biscuit base.
7. Chill in the fridge until ready to decorate.
8. Using the fine section of the grater, grate the chocolate onto a plate.
9. Sprinkle evenly on top of the cheesecake.

**45. Chocolate Chip Cookies**

**Ingredients**

50g margarine

40g soft brown sugar

15ml syrup

100g SR flour

50g chocolate chips

15ml milk

**Method**

1. Preheat oven to 180˚C.

2. Cream margarine and sugar together until light and fluffy.

3. Stir in syrup, flour, chocolate chips and milk.

4. Place spoonfuls on a greased baking tray.

5. Bake for approx. 8-10 minutes.

6. Remove from the tray and allow to cool on a cooling tray.

Makes 6 large (picture beside when cookie mixture is raw) in 15 minutes

Makes 10 small ones in 10 minutes

**46. Chocolate Fudge Pudding**

**Ingredients**

Cake

15ml spoon cocoa

50g margarine

35g caster sugar

1 egg

2 drops vanilla essence

50g SR flour

15ml spoon cocoa

15ml spoon milk

Sauce

40g soft brown sugar

125 ml hot water

15ml spoon cocoa

2x10ml spoons icing sugar

**Method**

1. Preheat oven to 190˚C.
2. Cream margarine and caster sugar until light and fluffy.
3. Beat egg and vanilla essence and carefully add to creamed mixture.
4. Sieve flour and 15ml cocoa into creamed mixture and fold in.
5. Add enough milk to give a soft consistency.
6. Put mixture into a foil dish and smooth the surface.
7. Put the brown sugar and 15ml cocoa into a bowl and mix with the hot water.
8. Pour over the cake mixture
9. Place on a baking tray and bake for 30-35 minutes or until the cake rises to the top, is set and firm and the sauce has formed underneath.
10. Sieve icing sugar over the surface of the pudding.

**47. Christmas Muffins**

**Ingredients**

50g SR flour

50g caster sugar

50g margarine

1 egg

15ml chocolate chips

25g dried cranberries OR mixed fruit

1.25ml mixed spice

5ml icing sugar

**Method**

1. Preheat oven to 180˚C.
2. Place 8 paper cases into a bun tray.
3. Sieve flour and spice into a large bowl.
4. Add margarine, caster sugar and egg.
5. Beat well until the mixture is a soft dropping consistency.
6. Stir in the chocolate chips and mixed fruit.
7. Spoon the mixture evenly into the paper cases.
8. Bake for approximately 15 minutes.
9. Cool on a cooling tray and dust lightly with icing sugar when cool.

**48. Citrus Sponge**

**Ingredients**

50g SR flour

50g caster sugar

50g margarine

1 egg

5ml grated lemon or orange or lime rind

50g icing sugar

5ml lemon or orange or lime juice

**Method**

Preheat the oven to 190˚C.

Grease and base line a 15cm sponge tin.

Sieve the flour into a large bowl.

Add the margarine, caster sugar and egg.

Beat well until the mixture is paler in colour and a soft dropping consistency.

Mix in the rind.

Evenly spread the mixture into the prepared tin.

Bake in the preheated oven for approx. 15-20 minutes.

When well risen, springy to the touch turn out onto a wire cooling tray.

Mix the icing sugar and juice together to make a smooth coating consistency.

Using a hot, wet knife gently spread the icing over the cake.

Decorate with crystallised lemon or orange slices.

**49. Crunchy Lemon Loaf**

**Ingredients**

50g soft margarine

85g SR flour

2.5ml spoon baking powder

85g caster sugar

1 egg

2x 15ml spoons milk

Finely grated rind of ½ lemon

For the topping:

Juice of ½ lemon

50g granulated sugar

**Method**

Preheat the oven to 180˚ C.

 Lightly grease a small foil dish (loaf shape)

 Wash the lemon. Grate ½ the rind.

Measure all the cake ingredients and lemon rind into a large bowl and using an electric hand mixer beat well for 2 minutes.

Put the cake mix into the greased foil dish, smooth the surface and put dish on a baking tray.

Bake in the preheated oven for approx. 30minutes or until the cake springs back when the surface is lightly pressed.

While the cakes are baking make the crunchy topping.

Measure the lemon juice and sugar into a small bowl and stir to mix.

Spread the lemon mixture over the hot, baked loaf.

Leave to cool completely in the tin.

**50. Drop Scones (Scottish Pancakes)**

**Ingredients**

125g SR flour

15g margarine

50g caster sugar

1 egg

60ml milk

Oil for greasing

**Method**

1. Sieve the flour into a bowl, rub in the margarine and then stir in the sugar.

2. Break the egg into the bowl and then stir in the milk.

3. Mix until smooth.

4. Heat the griddle or frying pan until

5. Rub with a small amount of oil.

6. Test the heat of the griddle with a small amount of the pancake mix.

7. Drop tablespoons of the mixture onto the pan. Turn when bubbles burst on the surface of the pancake.

8. Cook about 3 at a time for about 3 minutes on each side.

9. When the pancakes are cooked pile them into a clean tea towel to keep them warm and moist.

10. Serve as soon as possible.

11. Drop scones are especially good when served with maple syrup and ice cream.

**51. Easter Cake**

 **(Celebration Cake)**

**Ingredients**

120g SR flour

120g caster sugar

120g margarine

2 eggs

30ml jam

75g margarine

150g icing sugar

Chocolate or coloured sugar strands

**Method**

Preheat oven to 190˚C.

Grease and base line 2 x 15cm sponge tins.

Sieve the flour into a large bowl.

Add the sugar, eggs and margarine.

Beat well until the mixture is paler in colour and a soft dropping consistency.

Divide equally between the 2 tins.

Bake in the preheated oven until well risen and springy to the touch.

Remove from the tins, remove the lining paper and cool completely on the cooling trays.

Sandwich the 2 cakes together with the jam.

Beat the icing sugar and margarine together until paler in colour and completely smooth. If required use 5ml milk to make the icing smooth.

Coat the sides of the cake with ½ of the butter icing.

Roll in the sugar strands.

Using a hot, wet knife spread the remaining icing on top of the cake.

Try to avoid lifting crumbs.

Decorate for either Easter or other chosen celebration.

**52. Fresh Fruit Salad**

**Ingredients**

1 satsuma

½ apple

½ pear

6 grapes, green and black

Piece of pineapple

1 kiwi fruit

100ml orange juice/apple juice

**Method**

1. Pour the fruit juice into a large bowl.
2. Peel and segment the Satsuma and add to the bowl with the fruit juice.
3. Wash and core the apple, slice and add to the bowl.
4. Wash, peel and core the pear. Slice and add to the bowl.
5. Wash and cut the grapes in ½, add to the bowl.
6. Remove the skin from the pineapple and cut into bite sized pieces, add to the bowl.
7. Remove the skin from the kiwi fruit, cut into bite sized pieces and add to the bowl.
8. Stir well to coat the fruit in juice.

**53. Fruit Sponge**

**Ingredients**

50g SR flour

50g caster sugar

50g margarine

1 egg

1 small cooking apple

25g granulated sugar

OR

 100g tinned fruit e.g. pears, peaches apricots

**Method**

1. Preheat oven to 190˚C.
2. Sieve flour into a large bowl.
3. Add the caster sugar, egg and margarine.
4. Beat well until the mixture is paler in colour and a soft dropping consistency.
5. Peel, core and slice the apple and place in the bottom of the foil dish.
6. Sprinkle with the granulated sugar.
7. Spread the sponge evenly over the apple.
8. Bake in the preheated oven for 20-25 minutes or until tested clean with a skewer.

**54. Flapjack**

**Ingredients**

100g porridge oats

50g Demerara sugar

50g margarine

10ml spoon golden syrup

Extra Ingredients, choose 1

25g dried cranberries

25g sultanas

25g coconut

25g dried apricots

**Method**

1. Preheat the oven to 180˚C.
2. Prepare extra ingredients.
3. Put the oats and sugar into a bowl and mix together with the extra ingredients.
4. Place the margarine and syrup in a small pan and warm gently on a very low heat.
5. Remove from the heat.
6. Pour the oats mixture into the pan and mix well.
7. Press into the foil flan dish and flatten the top.
8. Bake for 15-20mins. The mixture will crisp when it cools.
9. Cool in the flan dish for 5 minutes then mark into triangles.
10. Cool on cooling tray.

**55. French Apple Cake**

**Ingredients**

50g SR flour

5ml baking powder

50g margarine

50g caster sugar

1 egg

10ml soft brown sugar

1 small red skinned apple

Margarine for greasing tin.

**Method**

1. Preheat the oven to 180˚C.
2. Sieve flour and baking powder into a large bowl.
3. Add the caster sugar, egg and margarine.
4. Beat well until the mixture is paler in colour and a soft dropping consistency.
5. Thickly grease the base and sides of a 15cm sponge tin.
6. Sprinkle the brown sugar over the base.
7. Wash the apple and cut into thin slices.
8. Arrange the apple slices neatly in the base of the tin.
9. Carefully and evenly spread the sponge mixture over the apple slices.
10. Bake in the preheated oven for 20-25 minutes until springy to the touch or when a skewer is removed clean.
11. Carefully turn out the cake upside down onto a plate. The apple slices should be on top.

**56. Gingerbread**

**Ingredients**

25g margarine

25g granulated sugar

30ml treacle

5ml ground ginger

5ml cinnamon

5ml mixed spice

2.5ml Bicarbonate of soda

100g flour

½ beaten egg

30ml milk

**Method**

1. Preheat the oven to 180˚C.
2. Melt margarine, sugar and treacle together in a small pan, do not allow to boil. Remove from the heat.
3. Sieve all the dry ingredients together onto a paper towel.
4. Add to the pan of melted ingredients.
5. Add the beaten egg and milk.
6. Stir together until there are no pockets of dry flour.
7. The mixture is almost a pouring consistency.
8. Either place in paper cases in a bun tray or pour into a small foil dish.
9. Bake until well risen and cooked when tested with a skewer.

**57. Hot Swiss Trifle**

**Ingredients**

Third jam Swiss roll

100g tinned fruit e.g. fruit cocktail

15ml custard powder

1 egg

10ml granulated sugar

200ml milk

50g caster sugar

**Method**

1. Preheat the oven to 180˚C.
2. Slice Swiss roll and place in the bottom of an ovenproof dish.
3. Cover with the tinned fruit.
4. Separate the egg; place the white in a clean bowl.
5. Blend the custard powder, egg yolk and granulated sugar together with a little milk.
6. Heat the remaining milk and when nearly boiling pour over the blended custard mixture.
7. Stir and return to the pan.
8. Stirring continuously bring to the boil.
9. When the custard has thickened pour over the fruit.
10. Whisk the egg whites until they form stiff peaks.
11. Whisk in half of the caster sugar.
12. Fold in the remaining sugar.
13. Pile the whisked meringue on top of the custard.
14. Place on a baking tray and bake for 5-10 minutes or until the meringue is crisp and golden.

**58. Mince Pies**

**Ingredients**

100g plain flour

50g margarine

20ml cold water

50g mincemeat

**Method**

1. Preheat the oven to 200˚C.
2. Sieve the flour into a large bowl.
3. Rub in the margarine into the flour until the mixture resembles breadcrumbs.
4. Stir in the cold water and mix with a knife to make a stiff dough.
5. Lightly flour the table, lightly knead the dough and roll out to the thickness of a £1 coin.
6. Using a pastry cutter cut circles to fit into a bun tray.
7. Knead the remaining dough and cut out smaller circles to make lids.
8. Fill the pastry cases with mincemeat, do not over fill.
9. Damp the lids with a little cold water and place on top.
10. Make a small slit on top of the lids.
11. Bake in the preheated oven for approx. 20minutes.
12. Sprinkle with caster sugar and allow to cool on a wire tray.

**59. Muesli Cookies**

|  |
| --- |
| **Ingredients** |
| 75 g soft margarine |
| 50 g caster sugar |
| ½ egg |
| 75 g SR flour |
| 75 g muesli |
| Demerara sugar for sprinkling |
|  |

**Method**

1. Preheat the oven to 180o C
2. Gather equipment and ingredients.
3. Weigh the margarine, sugar, ½ egg and flour into a bowl and mix together until well blended and smooth.
4. Stir in the muesli.
5. Spoon teaspoons onto a baking tray allowing space between for the biscuits to spread.
6. Sprinkle the top of each biscuit with a little demerara sugar.
7. Bake in a pre-heated oven for about 10-15 minutes or until golden brown at the edges.
8. Cool on a wire tray.

**60. Orange Bakewell Pudding**

**Ingredients**

75g ready-made short crust pastry

Filling

50g soft margarine

50g caster sugar

50g SR flour

1 egg

1.25ml orange extract or 15ml orange juice or 2.5ml grated orange rind

20ml orange marmalade

**Method**

1. Switch on oven to preheat 190°C
2. Lightly flour the table, lightly knead the pastry and roll out.
3. Carefully line a 15cm flan case and trim the edges with a knife.
4. Beat all the sponge ingredients together until the mixture is smooth and glossy.
5. Spread marmalade on the base of the pastry case.
6. Spread sponge mixture over the marmalade.
7. Place on a baking tray.
8. Bake for approx. 20mins or until risen and golden brown. Test with a skewer.
9. Dredge with icing sugar.

**61. Pineapple Upside Down Pudding**

**Ingredients**

50g margarine

50g SR flour

50g caster sugar

1 egg

2 tinned pineapple rings

1 glacé cherry

15ml warmed syrup

**Method**

1. Preheat the oven to 180˚C.
2. Place the flour, sugar, egg and margarine in a bowl and mix well until a soft dropping consistency.
3. Place the warmed syrup into a 15cm sponge tin.
4. Arrange the cherry and pineapple on top of the syrup.
5. Carefully spread the sponge mix on top of the pineapple.
6. Place on a baking tray and bake for 20-25 minutes or until well risen and springy to the touch. Test with a skewer.
7. Carefully loosen with a table knife and turn out onto a plate.

**62. Queen Cakes**

**Ingredients**

50g SR flour

50g caster sugar

50g margarine

1 egg

25g currants (optional)

**Method**

1. Preheat the oven to 190˚C.
2. Sieve flour into a large bowl.
3. Add the caster sugar, margarine and egg.
4. Beat well until the mixture becomes paler in colour and is a soft dropping consistency.
5. Mix in the currants.
6. Place 6 paper cases in a bun tray.
7. Divide the mixture evenly between the cases.
8. Bake in a preheated oven for approx. 20minutes or until the cakes are well risen and springy to the touch.

**63. Raisin Biscuits**

**Ingredients**

50 g soft margarine

50 g caster sugar

10ml melted syrup

75 g SR flour

1.25 ml Bicarbonate of soda

15 ml raisins

OR

5ml ground ginger

**Method**

1. Preheat oven to 160˚C.
2. Cream margarine and sugar together until light and fluffy.
3. Stir in melted syrup.
4. Add flour, baking soda and raisins.
5. Divide the mixture into 12 equal sized balls.
6. Place onto baking tray and bake till golden brown, approx. 12-15 minutes.
7. Leave on baking tray for a few moments to firm up and then place on a cooling tray.

**64. Rock Buns**

**Ingredients**

100g SR flour

40g margarine

40g granulated sugar

25g mixed fruit or coconut

½ egg

15ml milk

**Method**

1. Preheat oven to 200˚C.
2. Sieve flour into a bowl, cut up margarine.
3. Rub in until the mixture resembles breadcrumbs.
4. Add sugar and either currants or coconut.
5. Mix milk with egg and add to bowl.
6. Using a knife mix to elastic dough.
7. Using a fork place rough heaps on to baking tray, approx., 8.
8. Bake in oven approx. 15mins.
9. Remove buns from baking tray, place on a cooling tray.

**65. Rosy Apple Meringue Flan**

**Ingredients**

75g plain flour

40g margarine

1egg

2x5ml spoons cold water

1 med cooking apple (approx250g)

2x15ml spoons water

30g granulated sugar

1x15ml spoon concentrated blackcurrant drink

50g caster sugar

½ glace cherry

**Method**

1. Preheat the oven to Gas mark6 / 200 0 C

2. Separate the egg

3. Sieve flour into a large bowl; rub in the margarine until the mixture resembles breadcrumbs.

4. Beat egg yolk and the 2x5ml spoons cold water together, add to rubbed in mixture and mix pastry to a stiff consistency, add more water if required.

5. Knead and roll out pastry to fit the flan ring.

6. Line the flan ring and bake blind for approx. 25 minutes.

7. Remove flan ring.

8. Wash, peel, core and slice the cooking apple.

9. Put apple, sugar and water in a pan and cook gently until soft and pulpy. Beat smooth.

10. Add blackcurrant drink, stir and leave to cool.

11. Put cooled apple mixture into pastry case.

12. Whisk egg white until stiff. **Gradually** whisk in the caster sugar.

13. Pile the meringue topping over the apple filling.

14. Bake until crisp, approx. 5-8 minutes.

15. Be careful not to burn the meringue.

16. Decorate with cherry.

**66. Shortbread**

**Ingredients**

75g plain flour

50g margarine

25g caster sugar

**Method**

1. Preheat the oven to 150˚C.
2. Sieve the flour into a large bowl.
3. Rub in the margarine until the mixture resembles breadcrumbs.
4. It may become rather sticky.
5. Stir in the caster sugar.
6. Using your hands draw the mixture together.
7. Press into a 15cm sponge tin and flatten the surface with the back of a metal spoon.
8. Mark the surface of the shortbread with a fork.
9. Bake in the preheated oven for 25-30 minutes or until the shortbread is a pale golden colour and smells of biscuit.
10. Sprinkle with caster sugar.
11. Cut into 8 petticoat tails.
12. Allow to cool slightly and then carefully remove onto a cooling tray.
13. Shortbread will crisp as it cools.

**67. Swiss Roll**

**Ingredients**

2 eggs

50g caster sugar

50g SR flour

30ml jam

Caster sugar for rolling

**Method**

1. Preheat oven to 200˚C.
2. Grease and line a Swiss roll tin with either greaseproof paper or parchment paper. Tin should be no larger than 16cm x 28cm.
3. Sieve the flour onto a plate.
4. Whisk the eggs and sugar together until they are thick, white and creamy.
5. Using a metal spoon, carefully fold the flour into the whisked eggs and sugar. Do not over fold.
6. Pour into the prepared tin.
7. Gently ease the mixture into the corners of the tin.
8. Bake in the preheated oven for 8-10 minutes, do not overcook.
9. While the cake is cooking spread the extra sugar over a sheet of greaseproof paper.
10. Turn the cake onto the sugared paper.
11. Quickly remove the lining paper and trim the edges with a sharp knife.
12. Spread the jam over the hot cake.
13. Using the paper to help you quickly and carefully roll the Swiss roll.
14. Cool on a wire tray.

**68. Tiffin**

**Ingredients**

75g margarine

50g caster sugar

30ml syrup

15ml cocoa

175g digestive or rich tea biscuits (approx. 11 biscuits)

50g cooking chocolate

**Method**

1. Lightly grease a 15cm tin or shallow foil dish.
2. Place the biscuits in a large plastic bag and crush with a rolling pin until they form crumbs.
3. Place margarine, caster sugar, syrup and cocoa in a small pan.
4. Stirring with a wooden spoon VERY SLOWLY melt over a low heat.
5. DO NOT let the mixture boil.
6. Remove from the heat and add the crushed biscuits.
7. Using a knife smooth the surface of the mixture.
8. Melt the chocolate.
9. Spread over the biscuit mixture.
10. Leave to set and cut into squares when cool.

**69. Truffles**

**Ingredients**

50g margarine

60g caster sugar

30g desiccated coconut

30g porridge oats

15ml cocoa powder

2 digestive biscuits

1.25ml vanilla essence

15ml orange juice OR

15ml coffee essence (1.25ml coffee granules dissolved in 15ml warm water)

Chocolate sugar strands, cocoa, coconut to coat the truffles

**Method**

1. Crush the digestive biscuits into very fine crumbs.
2. Cream the margarine and sugar together until soft and fluffy.
3. Add the coconut, oats, cocoa and crushed biscuits and mix well.
4. Add the vanilla essence and either the coffee OR orange juice.
5. Divide the mixture into 12 equal pieces and roll each into a small ball.
6. Toss each ball in a little coconut or chocolate sugar strands or cocoa powder.
7. Place each truffle in a small paper case.

**70. White Chocolate Cookies**

**Ingredients**

50g margarine

50g caster sugar

½ egg

1.25ml vanilla essence

85g plain flour

1.25ml baking powder

pinch salt

50g white chocolate chips

25g dried cranberries

**Method**

1. Preheat oven to 190°C.
2. Line baking tray with baking parchment.
3. Cream margarine and sugar together in a large bowl
4. Beat egg and vanilla essence together and add to the creamed mixture
5. Sieve flour, salt and baking powder and mix into the creamed mixture
6. Add chocolate and cranberries into the mixture.
7. Roll the dough into walnut sized balls.
8. Place on a baking tray, allowing space for the biscuits to spread.
9. Bake in the oven for approximately 12 minutes.
10. Cool on a cooling tray.

**71. White Chocolate & Lime Cheesecake**

**Ingredients**

100g ginger nut biscuits

40g unsalted butter

1 lime

100g low fat cream cheese

20g caster sugar

75ml double cream

75g white chocolate

**Method**

1. Crush the biscuits inside a plastic bag.

2. Melt the butter and add the biscuit crumbs.

3. Press the mixture into a 15cm flan case.

4. Wash the lime, grate the rind and then squeeze out the juice.

5. Beat the cream cheese and sugar together.

6. Whisk the double cream until it is a soft peak consistency.

7. Melt the chocolate and mix with cream cheese.

8. Add the lime rind and 15ml of lime juice to the cream cheese mixture and beat to incorporate.

9. Fold in the whipped double cream to the mixture.

10. Spoon the cream cheese mixture over the biscuit base and chill in the fridge until it is firm.

11. Decorate with white chocolate curls or extra piped double cream.

**72. Wholemeal Scones**

**Ingredients**

150g SR flour

50g wholemeal flour

5ml baking powder

50g margarine

15ml caster sugar

125ml milk

**Method**

1. Preheat the oven to 220˚C.
2. Sieve both flours and baking powder into a large bowl.
3. Tip in any of the pieces of wholemeal left in the sieve.
4. Rub in the margarine and the mixture should resemble breadcrumbs.
5. Stir in the sugar.
6. Using a table knife stir in the milk to make soft, elastic dough.
7. Lightly flour the table.
8. Lightly knead the dough and roll out to no thinner than 1.5 cm thick.
9. Using a scone cutter cut rounds and place on a baking tray.
10. Knead any trimmings, reroll and cut out more scones.
11. Bake in the oven for approx. 12 minutes or until the scones are well risen, golden brown and the scones move when the tray is shaken.
12. Place the scones on a wire tray to cool.

 **Handy Hints and Useful Tips!**

* Always wear a clean apron, tie your hair back and wash your hands before starting to cook.
* Remember your kitchen hygiene!
* Be safe with cookers, the oven and sharp equipment.
* Before starting to cook read the recipe carefully.
* Check that you have all the ingredients needed to make the recipe.
* Check that you have all the equipment needed to make the recipe.
* Clean as you go!
* When baking use accurate scales and measuring spoons to measure ingredients.
* When cooking you can often adapt recipes. Substitute suitable ingredients; add a little more or a little less of one or more ingredients to suit your taste.
* Remember to avoid food waste.
* When a recipe uses only half an egg, double the amounts of the other ingredients to use the whole egg.
* Scrape bowls clean with a plastic scraper; don’t leave half your cake mix in the bowl.
* When cooking starchy foods like rice, potatoes, pasta, cheese sauce, custard etc., soak the pan with cold water first and it will be much easier to clean.
* When cooking sugary foods e.g. jam burnt on a baking tray, soak with hot water first and it will be much easier to clean.
* If using recipes from other recipe books, read them carefully before you begin.
* Always, always clean and tidy the kitchen after you have been cooking.