

Wester Hailes Education Centre

Home Economics

Easy

***Recipe
Booklet***

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Chocolate Krispies

Ingredients
35g Rice Krispies
15ml Spoon Sultanas (Optional)
60 g Cooking Chocolate

Equipment
Large plastic bowl
Medium plastic bowl
Chopping board
Measuring Spoons
Vegetable Knife
Bun Tin
Scales
6 paper cases

Method

1. Collect equipment
2. Collect ingredients.
3. Lay out paper cases on the bun tin.
4. On chopping board, cut chocolate into small pieces. Place in large plastic bowl
5. Gently melt the chocolate in the microwave.
6. Using a tablespoon, stir in the Krispies and sultanas.
7. Divide the mixture out evenly in to the paper cases.
8. Leave to harden.

Vegetable Fajitas

Ingredients

½ Onion
1 Clove Garlic
1 Piece of Pepper
1 Piece of Courgette
2 Baby Corn
5ml Oil
Pinch Fajita Seasoning (or Chilli Powder)
1 Tortilla

Equipment

Green Chopping Board
Vegetable Knife
Slip mat
Plate
Small Bowl
Frying Pan
Wooden Spoon

Method

1. Set out equipment
2. Collect onion, garlic, pepper, courgette, babycorn on a plate
3. Prepare Vegetables:
 - Peel and chop onion
 - Peel and chop garlic
 - Wash and slice pepper,
 - Wash and slice courgette
 - Wash and slice baby corn.

4. Heat 5ml of oil in the frying pan to a medium heat with a little onion to see it sizzle.
5. Once the onion sizzles.
6. Add the onion, garlic, pepper and baby corn and stir fry until the vegetable are soft.
7. Turn the heat down
8. Add the courgette and fajita seasoning. Stir together and cook for a further 2 minutes.
9. Place tortilla on a chopping board, spoon the vegetable mixture in to the centre of the tortilla and wrap up.
10. Wash dishes and tidy table.
11. Put dishes away in cupboard.

Banana Buns

Ingredients

75g Self Raising Flour

50g Brown Sugar

50g Margarine

1 Egg

½ Banana

1 X 15mls Milk

Icing Sugar (for dusting)

Equipment

Measuring Scales

Measuring Spoons

Mixing Bowl

Wooden Spoon

Small Bowl/Plate

Bun Tray

6 Paper Cases

Sieve

Cooling Rack

Method

1. Turn on Oven to 200°C/Gas mark 6.
2. Place six paper cases in a bun tray.
3. Sieve flour and sugar into a large mixing bowl and stir.
4. Place margarine into a small bowl and microwave until melted (must not burn or sizzle).
5. Crack egg into a measuring jug using a metal knife.
6. Whisk egg using a fork.
7. Add melted margarine to the egg.
8. Add the margarine and egg to the flour mixture.
9. Beat with a wooden spoon until you have a smooth consistency.
10. Peel the banana and mash it with a fork on a plate or in a small bowl, stir it through the cake mixture with a metal spoon.
11. Divide the mixture evenly between the paper cases.
12. Bake for 10-15 minutes.

13. Remove the cakes when they are golden brown and springy to touch.
14. Dust with icing sugar.
15. Wash dishes and tidy table
16. Put dry dishes back into cupboard.

Chocolate Chip Cookies

Ingredients

100g Self Raising Flour
205ml Baking Powder
50g Margarine
25g Sugar
2 X 15mls Chocolate Chips
2 X 15mls Milk

Equipment

Baking Tray
Sieve
Large Bowl
Measuring Jug
Cone Cutter
Cooling Rack

Method

1. Turn oven to 180°C/Gas mark 4
2. Sieve flour and sugar into a large mixing bowl, add the margarine and rub in until the mixture looks like breadcrumbs.
3. Stir through the chocolate chips.
4. Add the milk in gradually and stir in with a knife to make a stiff dough.
5. Roll out the dough on a lightly floured surface approx. 3cm thickness.
6. Cut into biscuit shapes with a cutter and place on a baking tray (leaving ample space between each cookie).
7. Bake until the cookies shake easily away from the baking tray. Cool on a cooling rack.

Apple Crumble

Ingredients

100g Self Raising Flour
50g Margarine
25g Caster Sugar
1 Apple
25g Brown Sugar

Equipment

Measuring Scales
Sieve
Wooden Spoon
Chopping board
Vegetable Knife
Corer
Peeler

Method

1. Collect ingredients and equipment.
2. Preheat oven to 200°C/Gas mark 6.
3. Sieve flour into a bowl.
4. Cut the margarine into small pieces.
5. Add the margarine to the flour and rub in until the mixture resembles fine breadcrumbs.
6. Add the caster sugar and stir to combine.
7. Wash, peel, core and quarter the apple.
8. Slice the apple thinly on the chopping board and place in the foil dish.
9. Sprinkle with the brown sugar.
10. Spread crumble mixture on top of the apples.
11. Bake for 20 minutes until golden brown

Teriyaki Stir-Fry

Ingredients

1 x15ml soy sauce
1x5ml hoisin sauce
1x2.5ml crushed garlic
1x2.5ml crushed ginger
1 slice cooked chicken/turkey
1x5ml vegetable oil
Piece courgette
¼ small onion
Piece Pepper
100g egg noodles

Equipment

Measuring Spoons
Measuring Scales
Small Bowl
Wooden Spoon
Vegetable Knife
Chopping Board
Medium Pan
Small Pan
Sieve

Method

1. Collect ingredients and equipment.
2. Mix soy sauce, hoisin sauce, garlic and ginger in a small bowl.
3. Cut meat into strips and add to bowl, stir till coated – allow to stand for 5 minutes
4. Bring a pan of salt water to boil.
5. Prepare vegetables –
 - Wash, trim and slice courgette diagonally
 - Peel and cut onions into wedges
 - Cut pepper into slices
6. Add noodles to boiling water – simmer for 4 minutes.
7. Heat oil in a deep-sided pan.
8. Add courgette, onion and pepper to pan – stir-fry for 2 minutes.
9. Check if noodles are cooked – stir- fry over a high heat for 6 minutes or until cooked through.
10. Arrange noodles in a foil dish – top with chicken and vegetables.

Minestrone Soup

Ingredients

½ onion
Small carrot
Piece celery
¼ pepper
15ml frozen peas or sweetcorn
2 x 15mls tinned tomatoes
5mls tomato puree
400ml water
½ stock cube
1.25ml mixed herbs

2 x 15ml pasta shapes/pieces

Method

1. Peel carrot onion, wash pepper and celery.
2. Heat water with stock cube in pot (lid on)
3. Grate carrot, slice celery and pepper, chop onion finely.
4. Add all ingredients to pot **except pasta**.
5. Stir once, put on lid and bring to boil.
6. Turn down heat and simmer for 10mins then add pasta.
7. Cook for a further 15mins till pasta is soft.
8. Serve piping hot.

Chilli Tacos

Ingredients

½ Onion

¼ Pepper

50g Minced Beef

15ml Oil

2 X 15ml Kidney Beans

3 X 15ml Chopped Tomatoes

2 X 15ml Tomato Ketchup

Pinch Chilli Powder

125ml Water

½ Stock Cube

1 Taco

25g Cheese

Method

1. Peel the onion, wash and remove seeds for the pepper.
2. Finely chop the onion and pepper and grate the cheese.
3. Heat the oil in a pot. Add the onion, pepper and mince and stir-fry on a medium heat until the mince is browned.
4. Add the beans, chopped tomatoes, ketchup, chilli powder, water and stock cube. Bring to the boil and then reduce to a simmer for 10 minutes, add a little more water if the sauce begins to stick to the bottom before the 10 minutes is up.
5. Remove from the heat when the sauce is thick and serve in the taco. Sprinkle with the grated cheese.

Mexican Wrap

Ingredients

Small piece of courgette
Piece green and red pepper
1 Mushroom
¼ Onion
Clove garlic
15ml Oil
15ml Kidney beans
15ml Sweetcorn
45ml Tinned tomatoes
¼ Teaspoon chilli powder
Pinch coriander

1 Tortilla pancake

Equipment

Chopping board
Vegetable knife
Small frying pan
Wooden spoon

Method

1. Set up unit with equipment and ingredients.
2. Prepare vegetables – wash courgette, peppers and mushroom the peel the onion and garlic.
3. Slice peppers and mushroom, dice courgette, chop onion and garlic.
4. Heat oil in pan, add onion and garlic and stir- fry for 2 minutes.
5. Add the peppers and mushrooms and stir- fry for a further 2 minutes.
6. Add beans, sweetcorn, tomatoes and spices and stir thoroughly.
7. Place tortilla on chopping board and carefully spoon vegetable mixture in centre.
8. Fold up bottom of pancake then fold in each side to make a wrap.

Chinese Stir Fry

Ingredients

50g long grain rice

¼ onion

Piece of carrot

Piece celery

¼ pepper

1 x 15ml frozen peas or sweetcorn

1 x 15ml veg oil

1 x 15ml soy sauce

Method

1. Bring a pot of salted water to the boil, add the rice and cook for 15mins.
2. While rice is boiling prepare vegetables –
 - Peel onion and carrot, wash celery and pepper
 - Slice onion, cut carrot into thin rings
 - Chop celery, slice pepper
3. Drain rice through sieve over sink, leave aside.
4. Heat oil in frying pan.
5. Stir fry vegetables for 2- 3 minutes then add rice.
6. Continue to stir fry ingredients for a further 3 minutes (Vegetables should be 'crispy' not soft).
7. Add soy sauce and mix well. Taste, adjust if required.
8. Serve piping hot.

Vegetable Curry

Ingredients

½ onion
1 clove garlic
1 medium potato
½ medium carrot
⅓ courgette
2 mushrooms
5ml spoon curry powder
2 x 15ml spoons tinned tomatoes
1 x 15ml baked beans
1 x 10ml spoons vegetable oil
100 ml water

Equipment

chopping board
vegetable knife
colander
medium shallow pan
measuring jug

Method

- 1 Wash, peel and cut potato into **1 cm cubes**.
- 2 Wash, peel and **slice** carrots and mushrooms thinly.
- 3 Wash courgette and cut into **chunks**.
- 4 Peel and **chop** onion and garlic.
- 5 Heat the oil and fry the onion and garlic for 2-3 minutes.
- 6 Add the rest of the prepared vegetables to the pan and stir well.
- 7 Measure the tomatoes, beans and curry powder into a small bowl, stir well and add to the vegetables in the pan.
- 8 Add the water, bring to the boil and simmer for 20 minutes or until vegetables are cooked.

Speedy Paella

Ingredients

½ Onion
1 Clove garlic
1 Tomato
50g Green beans
1 Sm carrot
25g Frozen peas
¼ Red pepper
1 Slice Chicken
75g Long grain rice
½ Vegetable stock cube
250ml Water

Method

1. Peel and chop onion and carrot. Peel and crush or chop garlic.
2. Wash and slice green beans, wash and chop tomato and pepper.
3. Heat oil in pan and add onion and garlic, stir fry till soft (3/4 minutes).
4. Add tomatoes, green beans and carrots and cook gently for 2/3 minutes.
5. Add peas, pepper and rice, stir to coat with oil.
6. Pour in water and crumble in stock cube, stir well and bring to boil.
7. Turn down to a low heat, allow mixture to cook gently till most of the liquid has been absorbed and the rice is soft.
8. Taste before serving and add salt and pepper if necessary.

Scones

Ingredients

100g Self-Raising Flour
25g Margarine
10ml Spoon Caster Sugar
45ml Spoons Milk
15ml Sultanas (optional)

Equipment

Mixing bowl
Sieve
Small Plastic Bowl
Measuring Spoons
Baking Tray
Table Knife
Measuring Jug
Scales

Method

- 1 Set oven – 200°C or gas mark 7.
- 2 Set out equipment and weigh ingredients.
- 3 Sieve self-raising flour into mixing bowl.
- 4 Rub margarine into flour until the mixture resembles breadcrumbs.
- 5 Add sugar and sultanas.
- 6 Make a well in the centre, pour in milk a little at a time, stirring with a knife until the dough starts to form.
- 7 Flour surface and knead dough. Press out lightly with hand and cut into 6 triangles.
- 8 Place on lightly floured tray and bake for 7-8 minutes until risen and golden.

Lentil Soup

Ingredients

500ml Water
½ ham Stock Cube
50g Lentils
½ Carrot
½ Onion
Small Piece Turnip
Seasoning

Equipment

Large Pan
Chopping Board
Measuring Jug
Small Bowl
Grater
Vegetable Knife
Wooden Spoon
Scales

Method

- 1 Set out equipment.
- 2 Measure water into the pan, add the stock cube and lentils and bring to boil.
- 3 Wash and peel the other vegetables.
- 4 Dice the turnip, chop the onion, grate the carrot and add to the pan.
- 5 Add a pinch of pepper.
- 6 Simmer until the vegetables are soft.
- 7 Mash or liquidise the soup (optional).
- 8 Taste and adjust seasoning.

Pizza

Ingredients

Base

100g Self-Raising Flour

25g Margarine

3-4 x 15ml Spoons Milk

Topping

2 x 15ml Spoons Chopped Tomatoes

25g Cheese – grated

pinch mixed herbs (optional)

Method

- 1 Set oven – 210°C or gas mark 8.
- 2 Set out equipment and weigh ingredients.
- 3 Sieve the flour into the mixing bowl.
- 4 Rub in the margarine until it resembles fine breadcrumbs.
- 5 Make a well in centre, add the milk gradually and mix to an elastic dough with a table knife.
- 6 Flour the work surface and the knead dough.
- 7 Roll out to the size of small pan lid.
- 8 Pinch edges to make a thicker rim.
- 9 Spoon on tomatoes, grated cheese and herbs.
- 10 Bake for 10-15 minutes.

Equipment

Mixing Bowl

Scales

Medium Bowl

Grater

Baking Tray

Rolling Pin

Sausage Rolls

Ingredients

2 Sausages
100g Puff pastry
Beaten egg

Personalise your sausage

Pinch chilli flakes
Pinch mixed herbs
5mls tomato puree
Onion powder
Garlic powder
Salt and pepper

Method

1. Pre heat the oven to 200°C or gas mark 6.
2. Remove the skin from the sausages and soften with a fork.
3. Add in you personalised ingredients and mix well.
4. Roll out the puff pastry into a rectangle and then cut into two long rectangles.
5. Place a layer of sausage meat down the middle of each rectangle.
6. Brush down one side of the pastry with the beaten egg, fold over and crimp using a fork.
7. Cut into 6 rolls.
8. Place on a baking tray and bake for 15-20mins or until crispy and golden brown.

Oat Biscuits

Ingredients

75 g Plain flour
40 g porridge oats
50 g margarine
1x 2.5 spoon mixed spice/cinnamon
30 g soft brown sugar
2 x 15ml spoon milk

Equipment

mixing bowl
large plastic bowl
small plastic bowl
fork
baking tray

Method

- 1 Set oven – 190°C or gas mark 5.
- 2 Set up table and collect ingredients.
- 3 Rub margarine into flour.
- 4 Add sugar, oats and spice. Mix.
- 5 Using a fork, mix in milk.
- 6 Place on a baking tray in small heaps. Mark the top with a fork.
- 7 Bake till golden brown, 15-20 minutes.

Chessy Bacon Beano

Ingredients

1 slice bread
2 tablespoons beans
1 rasher of bacon
25g cheese

Equipment

baking tray
small saucepan
Plate
small bowl
wooden spoon

Method

1. Collect cheese in small bowl.
2. Collect bacon on plate
3. Collect bread on baking tray
4. Collect beans in small saucepan
5. Turn on grill.
6. Toast bread until it is golden brown under the grill.
7. Remove toast from grill and place on paper plate.
8. Place bacon on baking tray and wash hands.

9. Place under grill and cook until light pink in colour.
10. Heat baked beans in saucepan until hot and bubbly.
11. Place toast onto baking tray, put bacon and baked beans on top of toast. Sprinkle cheese over top.
12. Place baking tray into oven and heat until cheese has melted.
13. Place toast onto paper plate and wash up.

Beef burger and BBQ sauce

Ingredients

75g Mince

15ml Breadcrumbs

½ Onion

A little beaten egg to bind

Salt & Pepper

BBQ sauce

½ Onion

10ml Oil

30ml Tomato Ketchup

15ml Vinegar

5ml Worcester Sauce

60ml Water

Salt & Pepper

Method

- 1 Peel and finely chop the onion.
- 2 With a fork mix together the mince, half the onion, breadcrumbs, salt and pepper with a little egg to bind them together.
- 3 Turn the mixture onto a lightly dampened chopping board. Shape into a burger.
- 4 Preheat grill on **HIGH**.
- 5 Make sauce – heat oil in pan and gently fry the remaining onion, **do not brown**, add remaining sauce ingredients, stir with wooden spoon, put on lid and simmer **very gently** for about 10 minutes.
- 6 Grill burger for 4 – 5 minutes on each side till well cooked.
- 7 Serve burger with BBQ sauce poured over top.

Cheese Scones

Ingredients

100g Self-Raising Flour
25g Margarine
50ml Milk
12g Cheese (grated)

Equipment

Mixing bowl
Sieve
Small Bowl
Scales
Round Bladed Knife

Method

- 1 Set oven – 210°C or gas mark 7.
- 2 Collect equipment and ingredients.
- 3 Sieve flour into a bowl.
- 4 Rub in the margarine to the flour by crumbling it into small pieces between the fingertips. The mixture should resemble fine crumbs.
- 5 Add cheese to the mixture and gradually add the milk. Bring together with a round bladed knife.
- 6 Lightly flour the table and roll out to 2 cm thick round, cut into 4 or 6 and place the scones on to a baking tray.
- 7 Bake for 15-20 minutes until golden brown.

Mini Yeast Pizza

Ingredients

100g Strong plain flour
Pinch of salt
2.5g Yeast
25g Cheese
5ml Tomato puree
15ml Chopped tomatoes
7.5ml Olive oil
60ml Tepid water

Method

1. Preheat oven to 220°C or gas mark 7.
2. Add the salt to the tepid water, then add the yeast and mix well and leave for 10mins.
3. Sieve the flour into a glass bowl.
4. Add the olive oil to the yeast mix.
5. Stir in the yeast mixture to the flour, bring together and knead for 10mins.
6. Roll out the dough into a shape of your choice.
7. Cover with the chopped tomatoes, tomato puree and grated cheese.
8. Bake for 10-15 minutes until the base is golden brown.

Spicy Couscous

Ingredients

50 g couscous

100 ml boiling water

¼ onion

1 x 15ml spoon chopped tomato

1/6 green pepper

1 x 15ml spoon frozen sweetcorn

pinch ground coriander

pinch ground chilli

2.5 ml lemon juice

Method

- 1 Place couscous and boiling water in large bowl, cover with cling wrap and leave to stand.
- 2 Cook sweetcorn in small amount of boiling water for 1 minute. Drain.
- 3 Peel onion and chop finely.
- 4 Chop pepper finely.
- 5 Mix vegetables, spices and lemon juice together in medium bowl with a fork.
- 6 Fork couscous around to break up.
- 7 Add vegetable mixture to couscous and mix well.

Scotch Broth

Ingredients

1 small carrot
50 g turnip
½ leek
1 small onion
1 small potato
15 g barley
500 ml water
½ ham stock cube
salt and pepper

Method

- 1 Weigh/measure ingredients.
- 2 Make up stock, place in pan, add barley and bring to boil.
- 3 Finely chop onion.
- 4 Wash and peel vegetables, cut into 5 mm dice.
- 5 Add vegetables, flavouring and bring to boil.
- 6 Reduce to simmer.
- 7 Simmer until vegetables are tender and barley is cooked.
- 8 Remove bay leaf.
- 9 Finely chop parsley.
- 10 Serve with parsley garnish.

Apple and Cinnamon Muffins

Ingredients

80g self raising flour
15ml spoon porridge oats
50g caster sugar
25g margarine
½ egg
75ml milk
1x2.5ml spoon cinnamon
15g dried fruit
1 x 15ml tinned apple

Equipment

Large mixing bowl
set of three bowls
measuring jug
wooden spoon
measuring spoons

Method

1. Switch oven on to 180C or Gas 6.
2. Place six cake cases onto bun tray.
3. Weigh out ingredients.
4. Sieve flour into large mixing bowl.
5. Rub in margarine until it resembles breadcrumbs.
6. Stir in the sugar, oats, cinnamon and fruit.
7. Mix egg and milk together and stir into mixing bowl.
8. Mix together, mixture should look lumpy do not over mix.
9. Divide evenly into 6 paper cases.
10. Bake for 15-20 minutes until golden brown and springy to touch.

Fresh Fruit Salad

Ingredients

½ red eating apple
½ banana
½ pear
6 grapes (seedless)
1 x 15ml spoon canned mandarins
100 ml fresh orange juice

Equipment

chopping board
vegetable knife
measuring jug
serving dish

Method

- 1 Collect ingredients and wash fruit.
- 2 Measure orange juice and pour into serving bowl.
- 3 Cut ½ apple into quarters and core. **DO NOT PEEL**. Slice apple thinly and cut into bite size pieces. Add to orange juice.
- 4 Repeat stage 3 using ½ pear.
- 5 Peel and slice banana and add to juice.
- 6 Halve grapes and add to juice.
- 7 Add mandarins and arrange a few neatly on top of fruit salad. Chill and serve.

Pasta Salad

Ingredients

50 g dried pasta twists
50 g frozen peas (2 x 15ml spoons)
¼ medium carrot
¼ onion (finely chopped)
1 x 15ml mayonnaise
salt and pepper

Equipment

large pan
measuring jug
measuring spoons
chopping board
peeler and grater
vegetable knife
sieve
mixing bowl

Method

- 1 Set up equipment and collect ingredients.
- 2 Half fill pan with water and bring to boil. Add a shake or two of salt. Add pasta and cook for about 10 minutes. Add peas for the last four minutes of cooking time.
- 3 Meanwhile wash, scrape and grate carrot, and skin and chop onion finely.
- 4 Drain pasta and peas in a sieve and rinse under cold running water. Drain well on paper towel (in sieve).
- 5 Transfer to a mixing bowl and stir in onion, carrot, mayonnaise and seasoning. Mix well, then pack into plastic container to use as packed lunch.

Lentil Dahl

Ingredients

50 g lentils
1 x 15ml spoons chopped tomatoes
½ onion
1 x 1.25 spoon chilli powder
1 x 1.25 spoon ground cumin
300 ml water
Seasoning
½ Pitta bread

Equipment

2 small bowls
measuring jug
chopping board
pot stand
cutlery tray
small pan

Method

- 1 Place water in small pan, add lentils and bring to boil.
- 2 Chop onion finely, add to lentils.
- 3 Add tomatoes, ground cumin and chilli powder. Simmer gently for 20 minutes, stirring frequently. Add extra water if required.
- 4 Check lentils are soft, season and serve hot with pitta bread or naan bread.

Christmas Biscuits

Ingredients

110g plain flour
1 x 2.5ml spoons baking powder
1 x 5ml spoon mixed spice
50g caster sugar
60g Margarine
1 x 15ml spoon golden syrup
¼ egg (beaten)

Method

1. Preheat oven to 180°C or gas mark 4.
2. Weigh out ingredients
3. Sift the flour, baking powder and mixed spice into a mixing bowl. Add the sugar and butter and rub in with your fingers until the butter is absorbed and the mixture resembles fine breadcrumbs.
4. Mix the golden syrup and egg together and then stir into the mixture with a wooden spoon.
5. Bring together with your hands and knead very gently to form a smooth, stiff dough.
6. Shape into ball and refrigerate for about 30minutes.
7. Roll out the dough to a thickness of about 3mm and cut into festive shapes.
8. Place biscuits onto baking tray and bake for 12-14 minutes until golden brown.
9. Transfer to cooling rack. Decorate once cooled.

Bread and Butter Pudding

Ingredients

1½ slices wholemeal bread
12.5 g low fat sunflower spread
1 x 15ml spoon sultanas
1 egg
200 ml low fat milk
1 x 15ml spoon caster sugar

Equipment

1 chopping board
1 table knife
1 fork
1 measuring jug
2 plastic bowls
1 tablespoon
1 ovenproof dish

Method

- 1 Set up equipment, collect ingredients and set oven – 190°C or gas mark 5. Prepare dish by wiping lightly with a margarine paper to prevent pudding sticking to dish at the edges.
- 2 Add egg to measured milk and mix together with a fork.
- 3 Spread bread with low fat spread and cut slice into eight pieces.
- 4 Place bread in prepared dish with sultanas.
- 5 Add sugar to milk and egg mix and pour over the bread.
- 6 Bake for 20-30 minutes - till bread is golden and puffy looking. Serve.

Shortbread

Ingredients

75 g plain flour
50 g margarine
25 g caster sugar
1 x 15ml spoon demerara sugar

Equipment

mixing bowl
sieve
measuring spoons
baking tray

Method

- 1 Set up equipment and set oven – 180°C or gas mark 4. Collect and measure ingredients.
- 2 Sieve flour and sugar into bowl.
- 3 Add margarine and mix all ingredients together using your hand. The mixture will eventually bind together.
- 4 Roll dough into a sausage shape and coat in demerara sugar. Cut into 8 pieces.
- 5 Place slices (cut side uppermost) on a baking tray and bake for 15-20 minutes.
- 6 Leave to cool for a few minutes on tray then remove to a wire rack to cool, using a palette knife.

Risotto

Ingredients

75 g long grain rice

1/2 chicken stock cube

250 ml water

1/2 onion

1 slice bacon

1 x 10 ml oil

splash of Worcestershire sauce (*optional*)

Method

- 1 Chop onion finely.
- 2 Chop onion into small pieces.
- 3 In frying pan, add oil and fry onions and bacon until the onions are soft and the bacon is cooked through.
- 4 Stir in the rice and coat, add stock cube and water.
- 5 Bring to boil, turn down to a simmer for 15-20 minutes until rice is cooked.
- 6 Season if necessary.
- 7 Serve hot.

Fast Pasta

Ingredients

1 x 10 ml oil
¼ onion
½ clove garlic
1 slice smoked ham
2 x 15 ml chopped tomato
1 x 2.5 ml tomato purée
1.25 ml oregano/mixed herbs
1.25 ml brown sugar
50 g pasta
black pepper
small sprig parsley

Method

- 1 Fill stew pan $\frac{1}{3}$ with water and bring to the boil.
- 2 Peel and chop onion and garlic.
- 3 Slice and chop ham into 1 cm cubes.
- 4 Heat oil in a small pan and gently fry onion for 3-4 minutes, keep stirring.
- 5 Add garlic and fry for 1 minute.
- 6 Add chopped tomatoes, tomato purée, herbs and sugar. Stir.
- 7 Bring to boil, take off heat and put on pot stand.
- 8 Put pasta into boiling water. Bring up to boiling then turn down to simmer for 10 minutes.
- 9 Drain pasta when ready. Stir pasta and ham into tomato mixture.
- 10 Serve at once garnished with parsley.

Pot Noodle.... ish

Ingredients

50 g noodles
1 x 10 ml vegetable oil
¼ onion
½ clove garlic
 $\frac{1}{8}$ red pepper
1 mushroom
1 x 15 ml frozen peas
pinch chilli powder
1.25 ml ginger powder
1 x 5 ml soy sauce
200 ml hot water

Method

- 1 Prepare vegetables: Peel and chop onion.
Peel and chop garlic.
Wash, de-seed and chop pepper.
Wipe and chop mushroom.
- 2 Put oil and onion in a medium pan. Stir-fry on a medium heat for 3-4 minutes.
- 3 Add garlic, mushroom and pepper. Stir-fry for 3-4 minutes.
- 4 Add chilli powder, ginger, soy sauce, hot water, peas and noodles. Bring to boil then turn down to a simmer.
- 5 Put a lid on the pan and simmer for 8 minutes. Stir a couple of times. If there is no liquid left in the pan add 50 ml of water.
- 6 Serve immediately.

Vegetable Chilli

Ingredients

2 x 15ml rounded spoons chopped onion
scales
5ml garlic puree
spoons
Piece of pepper
1 mushroom
75g frozen mixed vegetables
5ml oil
Pinch chilli powder
lid
50g kidney beans
3 x 15mls tinned tomato
75ml vegetable stock
1 Wholemeal pitta bread (or tortilla pancake)

Equipment

Measuring

Measuring

Measuring jug
Plate
Vegetable knife
Chopping board
Medium pan &

Wooden spoon

Method

1. Collect ingredients and equipment –
 - All vegetables on plate
 - Oil in pan
 - Spice mix, kidney beans, tomato mix and vegetable stock in jug
2. Prepare Vegetables –
 - Wash & dice peppers
 - Wipe and slice mushrooms
3. Heat oil. Add onions and garlic – cook gently (low heat) for 2-3mins.
4. Add remaining vegetables and ingredients in jug.
5. Bring to the boil then turn down heat and cook 10 minutes approx.
6. Taste and adjust seasoning (salt & pepper).
7. Cut pitta in half and stuff with chilli mixture or use 'pancake' to wrap.

Potato Wedges with Tuna Dip

Ingredients

1 baking potato
10ml veg oil
Pinch salt
board
Pinch pepper
knife
Pinch paprika or mixed herbs
3 x 15ml tuna
Sm piece onion
Sm piece pepper
15ml low fat mayonnaise
5ml lemon juice

Equipment

Baking tray
Large bowl
Chopping

Vegetable

Metal spoon
Small bowl
Plate

Method

1. Heat oven to gas mark 7 or 220
2. Collect equipment and oil, salt, pepper, paprika/herbs in large bowl.
3. Wash potato and cut into 6 or 8 wedges – place in large bowl and stir.
4. Transfer wedges to baking tray, pour over excess oil and put in oven to bake for 20 minutes.
5. Collect other ingredients –
 - Onion and pepper on plate
 - Tuna, lemon juice, mayonnaise, salt and pepper in small bowl
6. Peel onion and finely dice the onion and pepper – mix into small bowl.
7. Place dip in side of foil dish.
8. Check if wedges are ready – they should be golden brown and crispy.
9. Drain potato on a paper towel and place in foil container.

Macaroni Cheese

Ingredients

100g Macaroni
25g Flour
25g Margarine
250mls Milk
Salt and pepper
Pinch mustard
50g Grated cheese

Equipment

Small saucepan
Medium pan
Sieve
Wooden spoon
Grater
Measuring jug

Method

1. Half fill a stew pan with water, add salt and bring to the boil.
2. Add macaroni and cook for 10 – 15 minutes until soft.
3. All-one-sauce: - place margarine, flour, milk and seasonings in a small pan and whisk the mixture until it comes to the boil and becomes thick.
4. Add 2/3 of the grated cheese and mix well. Taste.
5. Drain the macaroni using a sieve and rinse it with hot water.
6. Add the drained macaroni to the cheese sauce and pour it into a dish.
7. Sprinkle on the remaining cheese and brown under pre- heated grill.

Spaghetti Bolognese

Ingredients

100g Mince
½ Onion
100ml Tinned tomatoes
1 Clove garlic – crushed
10ml Tomato puree
Small piece pepper
Pinch of mixed herbs

Equipment

Chopping board
Vegetable knife
Stew pan
Wooden spoon
Small saucepan
Sieve

Accompaniment

75g Spaghetti

Method

1. Set up unit with equipment and ingredients.
2. Chop onion and pepper finely. Crush garlic.
3. Brown mince then add garlic, onion and pepper. Stir well.
4. Add tomatoes, tomato puree and herbs. Bring to the boil then reduce the heat for 20 mins.
5. Half fill small pan with water and a little a salt and bring to the boil. Once boiling add spaghetti and cook for approx. 10 minutes.
6. Drain spaghetti and place in serving dish. Place Bolognese sauce on top.

Italian Pasta

Ingredients

½ Onion

1 Mushroom

Small piece of pepper

2 Slices thin ham

10ml Oil

2 x 15mls Tinned tomatoes

1 x 5 ml Tomato puree

Pinch mixed herbs

100mls Water

75g Spaghetti

Method

1. Peel onion, wipe mushroom, remove seed and wash pepper.
2. Chop onion, slice mushroom and peppers.
3. Cut ham into small bits. Heat pot of water to cook the spaghetti.
4. In another pot heat oil and gently stir fry the onions
5. Add mushroom, pepper, tomatoes, puree, water and mixed herbs.
6. Stew gently with lid on for 10mins approx.
7. Cook spaghetti when pot of water is boiling (15- 20mins) till 'al dente'.
8. Drain the spaghetti when cooked through a sieve or colander.
9. Add spaghetti to tomato mixture, stir in chopped ham then serve.

3 Type Egg

Ingredients

1 Egg

1 Piece of Bread

Method

1. Fried Egg
 - Heat **10mls** of oil in a frying pan on a medium heat
 - Crack the egg into a small bowl and gently slide in into the frying pan
 - Allow the white of the egg to firm before gently flipping it over with a fish slice
 - It depends how you like your eggs how long you cook them. Your teacher will help with this
2. Poached Egg
 - Half fill a pot with water and bring to a simmer (medium bubbles), add a little salt
 - Crack the egg into a small bowl and gently slide it into the simmering water
 - It depends how you like your eggs how long you cook them. Your teacher will help with this
 - Once it is cooked to your liking, the egg should be replaced with a slotted spoon
3. Boiled Egg
 - Half fill a pot with water and bring to the boil (big bubbles) add a little salt
 - Gently lower the egg into the water with a spoon. Water should be turned to a simmer now
 - It depends how you like your eggs how long you cook them. Your teacher will help with this
 - Once it is cooked to your liking, the egg should be replaced with a spoon
4. Scrambled Egg
 - Crack the egg into a small bowl, add **10mls** of milk and whisk together with a fork
 - Heat **5mls** of oil in a pot to a low/medium heat
 - Add the whisked egg to the pot and stir continuously. Make sure it does not stick to the bottom.
 - Stir through a pinch of salt and pepper
 - Remove from the heat once the egg has been cooked through
5. Toast the bread under the grill.
6. Butter if you wish.
7. Taste test on all the eggs.

Fish Fingers

Ingredients

100g White Fish
50g Breadcrumbs
75g Plain Flour
Pinch of Oregano
5ml Lemon Juice
Salt and pepper
15ml Oil
30ml Mayonnaise or Ketchup

Method

1. Mix together the Breadcrumbs, oregano, lemon juice and seasoning.
2. Cut the fish into even strips.
3. Crack the egg into a large bowl and whisk with a fork.
4. Put the flour on to a plate.
5. Place each piece of fish in the flour and cover.
6. Each piece of fish should then be coated in the egg and then dipped and covered in the breadcrumbs.
7. Heat oil in a frying pan.
8. Once oil is hot, fry each fish finger for around 4 minutes on each side. They should be golden brown on both sides.

Snack Noodle

Ingredients

¼ Onion
Garlic clove
¼ pepper
2 x 15mls frozen sweetcorn or peas
1 x 15ml Oil
1 x Thin sliced chicken or ham
250mls water
½ Chicken stock cube
50g Egg noodles

Method

1. Bring water and stock cube to boil (lid on pot)
2. Peel onion and garlic, wash and deseed pepper.
3. Roughly chop onion, crush and chop garlic, slice pepper.
4. Heat oil in frying pan.
5. Add noodles to boiling water.
6. Stir fry onion and garlic for 1 minute.
7. Add pepper and frozen vegetables and stir fry for a few minutes.
8. Drain noodles and add to frying pan. Stir and reheat.
9. Taste and adjust seasoning if necessary.

Cupcakes

Ingredients

75g Self Raising Flour

50g Margarine

50g Caster Sugar

1 Egg

1 X 15ml water

Method

1. Heat oven to 190°C. Put 6 paper cases into a bun tray.
2. Sieve the flour onto a plate and beat the egg and water in a jug with a fork.
3. Beat the margarine with a wooden spoon to soften.
4. Sieve the sugar in with the margarine and cream together using the back of the wooden spoon. Continue to do this until you have smooth mixture and you can no longer see sugar granules.
5. Add the egg mixture a little at a time and beat well with the wooden spoon each time.
6. Gradually fold in the flour using a metal spoon. Make sure all the flour has been stirred in and the mixture is smooth.
7. Divide the mixture equally between the 6 cupcake cases.
8. Bake until golden brown and well risen – roughly 12-15 minutes.
9. Put on a cooling rack until cool.

French Bread Pizza

Ingredients

1 Small piece of Baguette

30ml Chopped Tomatoes

5ml Tomato Puree

50g Cheese

Pinch basil or Chilli Flakes (optional)

Options

1 Mushroom

¼ Peppers

15ml Sweetcorn

¼ Onion

1 Slice Ham

1 Slice Salami

1 Slice Chicken

Method

1. Pre-heat the grill to a medium heat.
2. Cut the baguette in half.
3. In a small bowl, mix together the chopped tomatoes and the tomato puree. Add the basil or chilli flakes at this time if you like.
4. Grate the cheese and prepare your other toppings
 - Half and slice the mushroom
 - Dice the pepper
 - Slice the onion
 - Cut into small pieces' ham/salami/chicken
5. Spread the tomato mixture onto the soft side of the baguette halves.
6. Add your various toppings and sprinkle with cheese.
7. Place on a baking tray and grill until cheese is melted and starting to go golden brown.

Flapjacks

Ingredients

50g Margarine
35g Soft Brown Sugar
10ml Syrup
100g Porridge Oats

Optional

15ml Dried Fruit

Method

1. Collect ingredients and equipment.
2. Heat oven to 190°C.
3. Put Margarine, syrup and sugar in a pot and melt over a medium heat.
4. Remove from heat, add the oats and mix well.
5. Press the mixture down until it is compact – you can do this with the back of a metal spoon. If the mixture sticks to the spoon, wet the spoon with cold water.
6. Bake in the oven until golden brown approx. 15 minutes.
7. Allow to cool slightly before cutting into slices.