



Graphics by Mrs Clitheroe

Year 9 Recipe Booklet

Name

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There will be blank pages for you to make notes on



Fluids
1/5 teaspoon = 1 ml
1 teaspoon = 5 ml
1 tablespoon = 15 ml
1 fluid oz. = 30 ml
1/5 cup = 50 ml
1 cup = 240 ml
2 cups (1 pint) = 470 ml
4 cups (1 quart) = .95 liter
4 quarts (1 gal.) = 3.8 liters
Weight
1 oz. = 28 grams
1 pound = 454 grams

Fluids
1 milliliters = 1/5 teaspoon
5 ml = 1 teaspoon
15 ml = 1 tablespoon
30 ml = 1 fluid oz.
47 ml = 1/5 cup
100 ml = 3.4 fluid oz.
237 ml= 1 cup
240 ml = 1 cup
473 ml= 2 cups
.95 liter=4 cups
3.8 liters = 4 quarts (1 gal.)
1 liter = 34 fluid oz.
1 liter = 4.2 cups
1 liter = 2.1 pints
1 liter = 1.06 quarts
1 liter = .26 gallon
Weight
1 gram = .035 ounce
100 grams = 3.5 ounces
500 grams = 1.10 pounds
1 kilogram = 2.205 pounds
1 kilogram = 35 oz.

Degrees Fahrenheit	Degrees Celsius	Gas Mark	Description
225	110	1/4	Very slow
250	120/130	1/2	Very slow
275	140	1	Slow
300	150	2	Slow
325	160/170	3	Moderate
350	180	4	Moderate
375	190	5	Moderately hot
400	200	6	Moderately hot
425	220	7	Hot
450	230	8	Hot
475	240	9	Very hot

Definitions

Au Gratin	A dish coated with sauce, sprinkled with breadcrumbs or cheese (or both) and browned under the grill or in the oven
Bake Blind	Pastry cased baked without a filling
Baste	Spooning hot fat or other liquid over food during cooking, to keep it moist.
Blanch	Cover food with cold water, bring to boil, strain, rinse in cold water. Useful for: <ol style="list-style-type: none">Removing skins from nuts and tomatoesTo whiten bones, meat etc.To remove strong flavour
Blend	To mix smoothly, usually a starchy powder plus a liquid.
Bouquet Garni	A small bunch of herbs tied together and used to flavour soups and stews e.g. parsley, thyme, majoram and bay leaf. Remove before serving.
Canapé	Fingers or shapes of bread (plain, fried or toasted) or pastry, used as a base for savouries or hors d'oeuvres.
Croutons	Bread cut into small dice or fancy shapes, then fried. Served with puree soups and some savoury dishes.
Enzymes	Chemical Substances which cause chemical changes to take place, such as the breakdown of food during digestion, fruit to ripen. Enzymes are found in the human body, yeast, fruits etc.
Force meat	Stuffing - e.g. sage and onion
Food	Any solid or liquid swallowed which provides the body with nutrients. Note: roughage and pepper are not nutrients.
Fricassee	A white stew of chicken, veal or rabbit
Garnish	A decoration for savoury dishes, to add colour and flavour and improve the appearance, e.g. parsley, sliced tomato etc.
Glaze	To give food a glossy surface, e.g. pies, buns, scones, flans. Some glazes - egg, milk, sugar and water, thickened fruit juice.

Definitions

Hors d'oeuvres	Small portions of appetising savoury food. Served at the beginning of lunch or dinner. Usually served cold. Foods suitable: melon, grapefruit, varieties of salad foods, meat fish , eggs
Liaison	Thickening or binding used for soups and sauces, e.g. flour, egg yolk, cream
Macedoine	A mixture of vegetables or of fruit, cut into dice.
Malnutrition	Occurs when the body doesn't get the right amount or the right proportion of the nutrients. A person can get "plenty to eat" and still suffer from malnutrition.
Panada	A thick sauce used to bind ingredients together, e.g. for croquettes, vegetarian cutlets etc.
Parboil	To partly cook by boiling and then finish cooking by another method e.g. potatoes parboiled then roasted.
Pulses	Dried peas, beans & lentils
Purée	The smooth pulp obtained by pressing food through a sieve, usually vegetables or fruit, sometimes fish or meat. Soups made with sieved ingredients are called purée soups.
Raspings	Scraps of stale bread slowly dried and browned in the oven, then crushed with a rolling pin and sieved. Used to coat fish etc before frying.
Réchauffé	Left-over food re-heated, or made into a new dish and re-heated.
Roux	Fat & Flour cooked together (usually in equal quantities). Used to thicken sauces, soups, stews.
Sauté	To cook food by tossing it in a little hot fat e.g. sauté potatoes.
Vol-au-vent	A large puff pastry case (small ones are called bouchées). The cases may be filled with savoury or sweet fillings.
Zest	The outside skin of citrus fruits. It contains the oil which gives the flavour. It must be peeled off very thinly so that there is no white pith on it.

Further adaptations:

What I did well:

What went wrong:

How can I improve next time:

Cottage/Shepherds Pie



Ingredients:

1 onion	1 carrot
500g mince	salt and pepper
little water	1 heaped tbsp Bisto powder
1kg potatoes	3 tbsp milk
2pt OVENPROOF DISH	

Method:

1. Peel and chop onion and carrot. Put onion, carrot, mince and water into a pan.
2. Bring to the boil. Reduce heat and simmer for approx 20 mins.
3. Whilst mince is simmering, boil kettle. Peel and quarter potatoes. Put into pan of boiling water and cook until soft.
4. Mix the Bisto with 2 tbsp cold water in a small plastic bowl. Add to mince stirring all the time, heat until mixture thickens, remove from heat.
5. Drain the potatoes using a colander, return to the pan and mash with the milk.
6. Pour the mince mixture into ovenproof dish.
7. Spread the potatoes on the top of mince, grill until brown.

Further adaptations:

What I did well:

What went wrong:

How can I improve next time:



Meatballs in a Sweet & Sour Sauce

serves 4

Ingredients:

1 lb (450 g) minced beef	1 small onion, chopped
1 tablespoon chopped parsley	salt and pepper
1 egg, beaten	3 to 4 tablespoons oil

for the sauce:

2 tablespoons vinegar	2 tablespoons soy sauce
2 tablespoons tomato ketchup	1 1/4 cup (1/2 pint) 300 ml water
1 tblsp (15 g) 1/2 oz corn flour (corn starch)	
2 tablespoons light brown sugar	

Method:

1. Mix together the beef, onion, parsley, salt and pepper and bind with the egg.
2. Divide into 12 or 16 portions and shape into small balls.
3. Heat the oil in a frying pan and add the meat balls. Cook gently, turning occasionally, until they are browned on all sides and cooked through.
4. Meanwhile, mix together all the sauce ingredients in a saucepan.
5. Bring to the boil, stirring, and simmer until clear and thickened.
6. Drain the meat balls and turn them into a warmed serving dish.
7. Pour over the sauce and serve with creamed potatoes, boiled rice or noodles.

Further adaptations:

What I did well:

What went wrong:

How can I improve next time:

Hkatenkwan

(Ghanaian Chicken & Groundnut Stew)

4 to 6 servings

Ingredients:

Chicken, cut into serving pieces -- 3 1/2 pounds
3tblsp Oil
1 Onion, minced
3-4 Garlic cloves, minced
2-4 Hot chilli peppers, minced
1 cup tomatoes, chopped or crushed
4 cups Water or broth
Salt and pepper -- to taste
1 cup Natural peanut butter
2 cups Okra, cut into rounds, or green beans, trimmed
6 Hard-boiled eggs, peeled (optional)

Method:

1. Season the chicken pieces with salt and pepper. Heat the oil in a large, heavy-bottomed pot over medium-high flame. Brown the chicken pieces, a few at a time, on all sides in the hot oil. Remove to a plate and set aside.
2. Reduce the heat to medium and add the onions, garlic and chilli peppers. Sauté until cooked down and the onion becomes translucent, 4 to 5 minutes. Add the tomatoes and cook for another 5 to 6 minutes to reduce the liquid in the tomatoes a little.
3. Add the water or broth, browned chicken pieces, salt and pepper to the pot and bring to a boil. Reduce heat to medium-low and simmer for about 45 minutes.
4. In a small bowl mix the peanut butter with about 1 cup of the simmering stew liquid and stir until the peanut butter is smooth. Stir the peanut butter into the simmering stew. Then stir in the okra or green beans and the hard-boiled eggs. Simmer for another 15 to 20 minutes
5. Serve groundnut stew over rice or tofu with your choice of condiments to garnish individual portions (see next page).

**Garnishes:**

chopped onions, chopped tomatoes, shredded lettuce, chopped peanuts, sliced tropical fruit like pineapple, bananas, mango or papaya, croutons, hot pepper sauce.

Variations:

- Vegetarian Groundnut Stew: Eliminate Step One. Add chopped eggplant, sweet potatoes, carrots, cabbage, yams, bell peppers, or winter squash like butternut when you add the water or broth. Cut down on the cooking time to avoid overcooking the vegetables.
- Dried shrimp and fresh or ground ginger are sometimes sautéed with the onions to flavour the stew. Pieces of dried, smoked fish are likewise often stirred into simmering groundnut stew to give it flavour and boost its nutritional value.

The marriage of tomatoes and ground peanuts in stews is popular in sub-Saharan African cooking. Hkatenkwan, or nkatenkwan, is a tasty version of the dish enjoyed in Ghana. Chicken, sometimes smoked fish, and vegetables simmer in a tomatoey broth. Towards the end of cooking, the broth is thickened with peanut butter. This rich, filling stew is traditionally served with hard-boiled eggs and various condiments to sprinkle over the top. Peanuts are known as groundnuts in Africa.



Chicken Tikka Masala/ Korma

Ingredients:

2tbsp oil

1 onion

2dsp tikka/korma paste

250g/10oz chicken breast

150ml water

50ml carton single cream or yoghurt

Method:

1. Cut the chicken into cubes, peel and chop onion
2. Heat oil in a frying pan, fry onion gently
3. Add chicken, fry for 5mins, stirring all the time until it changes colour
4. Stir in paste, fry for 2 mins
5. Add water, bring to the boil then simmer for 10-15mins
6. Turn off heat and stir in yoghurt or cream



Further adaptations:

What I did well:

What went wrong:

How can I improve next time:



Sweet & Sour Chicken

Ingredients:

2tbsp oil	1 onion
1sm can of pineapple	250g/10oz chicken breast
2 level tbsp sugar	2tbsp vinegar
1tbsp so sauce	1 level tbsp tomato puree
1 tbsp cornflour	salt & pepper

Method:

1. Cut the chicken into cubes
2. Drain the juice from the pineapple into a measuring jug, add water to make 1/2pt/250ml
3. Chop pineapple
4. Peel and chop onion
5. Add remaining ingredients to the measuring jug. Mix until smooth
6. Heat oil in a pan, fry onions
7. Add chicken fry for 5mins until it changes colour, stirring gently
8. Add pineapple pieces
9. Stir liquid mixture and pour into pan, bring to boil stirring until sauce thickens
10. Simmer for 10mins stirring occasionally

Further adaptations:

What I did well:

What went wrong:

How can I improve next time:



Easy Risotto with Bacon

Ingredients: 1 onion
2 rashers streaky bacon , chopped
100g Long grain rice
½ pt hot vegetable stock
25g frozen peas or other veg. e.g. mushrooms

Method:

1. Finely chop the onion. Heat 2 tablespoons of olive oil and a knob of butter in a pan, add the onions and fry until lightly browned (about 7 minutes). Add the bacon and fry for a further 5 minutes, until it starts to crisp.
2. Add the rice and stock, and bring to the boil. Stir well, then reduce the heat and cook, covered, for 15-20 minutes until the rice is almost tender.
3. Stir in the peas, add a little salt and pepper and cook for a further 3 minutes, until the peas are cooked.
4. Serve sprinkled with freshly grated parmesan and freshly ground black pepper.

Further adaptations:

What I did well:

What went wrong:

How can I improve next time:



Cheese & Mushroom Quiche

Ingredients: 100g Shortcrust Pastry 6 mushrooms
 75g Cheddar Cheese 2 eggs
 125ml milk Salt and Pepper

or Leek and Bacon Quiche

Ingredients: 100g Shortcrust Pastry 100g Bacon
 1 med leek 75g Cheddar Cheese
 2 eggs 125ml milk
 Salt and Pepper

Method:

1. Put on oven 190°C, gas mark 5.
2. Roll out pastry and line flan dish. Put onto baking tray.
3. Grate the cheese onto a plate.
4. Beat the eggs with the milk in a measuring jug, add seasoning.
5. Prepare ingredients according to type e.g. chop onions, slice leeks, peel and chop mushrooms
6. Fry the ingredients and put into flan case.
7. Put most of the cheese in pastry case.
8. Pour egg and milk mixture into flan, sprinkle with remaining cheese.
9. Bake in the oven until set and golden brown, approx 40 mins.

Further adaptations:

What I did well:

What went wrong:

How can I improve next time:

Whisking Method

A true sponge has no added fat. The eggs and sugar are whisked together until thick and creamy, leaving a trail when the whisk is removed. An electric mixer facilitates whisking but with hand whisking, placing the bowl over hot water helps to give a faster result. Then gently fold in the flour with a metal spoon or spatula. Avoid opening the oven door during baking time.

Sponge Sandwich

Ingredients: 2 medium eggs 75g Caster sugar
75g SR Flour

Method:

1. Oven on 180°C Gas no 4
2. Grease an 18 cm 7" cake tin
3. Break eggs into bowl whisk lightly, add sugar and whisk well until thick and creamy and almost white in colour.
4. Lightly fold in the flour. Place mixture into prepared tin and bake for about 30 mins
5. When cool slice and spread with jam and cream or other filling.
- 6.

Fruit Flan

Ingredients:

Basic sponge recipe
1 tin of fruit or fresh fruit cleaned
1 packet quick Jel in chosen
flavour / Colour

Method:

1. Use the basic sponge recipe. Oven 180°C no 4. Grease and line a flan tin.
2. Bake for 30 mins.
3. Remove from tin. Allow to cool. Arrange fruit in the centre. Make up Quick Jel according to packet pour over fruit and leave to set.



Further adaptations:

What I did well:

What went wrong:

How can I improve next time:



Swiss Roll

Ingredients: 2 eggs 50g castor sugar
 50g Plain flour
 (1 tbsp Cocoa if you wish a chocolate Swiss roll)

Filling: 2-3 tbsp jam

Other possible fillings / coatings:

Butter cream, double cream, fresh fruit, dream topping,
 (See Milk Chocolate Icing recipe if Chocolate log required)

Oven No 5 or 180^o C

Method

1. Crack eggs into a large bowl add sugar. Whisk until pale in colour, trebled in volume and able to hold a shape for the count of three.
2. Add ½ the sieved flour and fold in carefully with a metal spoon. Repeat with the second half.
3. As soon as combined Pour into greased Swiss roll tin. DO NOT scrap mixture against the side of the tin.
4. Bake for approx 15 mins. To check if cooked it should be pale golden and springy to the touch.
5. Turn out onto sugared greaseproof and roll up. Leave to cool.

Milk Chocolate Icing

Ingredients: 60g Margarine 250g Icing Sugar
 1 tbsp Cocoa 3 tbsp hot milk
 1 tsp vanilla essence

Method:

Melt margarine, blend in cocoa then stir in icing sugar, milk and essence. Beat until smooth and thick.

Further adaptations:

What I did well:

What went wrong:

How can I improve next time:



Victoria Sandwich (All in One Cake)

Ingredients: 100g/4oz caster sugar 100g/4oz soft margarine
 100g/4oz SR Flour 2 Eggs

Method:

1. Heat oven to 180⁰C, gas mark 4
2. Grease and line baking tin
3. Put all ingredients into bowl and mix until soft and creamy
4. Add 1tbsp of boiling water to the mixture and stir
5. Pour into the baking tin
6. Bake for approx 30mins
7. Leave to cool slightly on the top of the oven
8. When cooled slightly turn onto a cooling tray and remove grease-proof paper
9. Leave to cool on a cooling tray

To make co chocolate cake use:

75g/3oz SR Flour + 25g/1oz Cocoa Powder INSTEAD of 100g/4oz SR Flour

Further adaptations:

What I did well:

What went wrong:

How can I improve next time:

Choux Pastry Buns/Eclairs

Ingredients: 50g/2oz margarine
150ml/1/4pt water
100g/4oz plain flour
3 eggs



Method:

1. Put on oven to 220°C, gas mark 7
2. Grease a baking tray, run under a cold tap, leaving a film of cold water on the tray.
3. Put margarine and water in a pan. Put flour onto a plate.
4. Beat eggs in a plastic bowl.
5. Melt the margarine in the water slowly and then bring to the boil.
6. Remove from heat onto a pan stand & stir in the flour.
7. Return to the heat, stirring all the time until the mixture forms a ball. May take 2-3mins
8. Leave to cool.
9. When the mixture is cool beat in the eggs a little at a time.
10. Divide the mixture into 6 or 8 and put on a tray or pipe onto silicone sheet (stuck to tray with a little mixture).
11. Bake for approx. 30 mins.
12. Put on a cooling tray and make hole in each end for piping filling in. Leave to cool.
13. Once cool fill with cream and decorate with icing of choice.

TO COMPLETE

Filling: 150ml/1/4pt double cream

Method:

1. Whisk cream until thick. **TAKE CARE NOT TO OVER WHISK**
2. Fill the buns with the whipped cream using piping bag

Icing: 100g/4oz icing sugar 1 tbsp warm water
1 tsp cocoa powder OR 1 tbsp camp coffee

OR 50g dark chocolate 150g icing sugar
2tbsp cocoa 2tbsp water

Method:

1. Sieve the icing sugar
2. Add the flavouring
3. Add a little water at a time
4. Stir until icing is smooth. It should coat the back of the spoon
5. Spread on top of the buns

Alternative Icing Method

1. Heat the dark chocolate and two tablespoons of water in a saucepan until the chocolate has melted.
2. Sieve the icing sugar and cocoa into a bowl, then add the melted chocolate and water and beat until the mixture is smooth and thickened.
3. Pour over eclairs or buns once filled with cream.

What I did well:

What went wrong:

How can I improve next time:

Cornish Pasty Serves 4

Ingredients: 50g Shortcrust pastry
Filling: 100g raw minced beef 1 onion chopped
2 medium potatoes peeled 1 tsp salt
Pepper

Method:

1. Divide pastry into 4 roll out each piece 0.5cm thick, keeping a round shape.
2. Mix meat with grated potato and onion.
3. Divide the mixture between the rounds, damp the edges and fold over half the pastry, draw up the edge to sit in the middle. Press edges well together. Glaze with egg or milk.
4. Bake in the centre of the oven 220°C no 7 for 10 mins then reduce heat to 180°C No 4 and cook for a further 30-40 mins.

Or try the filling from the beef Enchiladas in the pastry case. You'll need double the quantity of pastry for the enchilada filling



Beef Enchiladas (Mexican) Serves: 4

Ingredients: 500g (1lb) minced beef 1 onion, finely chopped
1 garlic clove, crushed 3tbsp tomato purée
1 x 400g (13oz) tin chopped tomatoes
½tsp dried oregano ½tsp ground cumin
1 red chilli 8 flour tortillas
50g (2oz) Cheddar, grated

Method:

1. Dry-fry the minced beef and onion in a medium pan for about 5 minutes until browned. Add the garlic and fry for 1 minute, then add the tomatoes, tomato purée, oregano, cumin, and season.
2. Slice and deseed the chilli. Reserve a few slices for garnish, then finely chop the remainder and add to the minced beef. Bring the pan to the boil, then cover and simmer for 15 minutes.
3. Spread a little mince in the centre of each tortilla, roll up and place in a baking dish. Top with the grated cheese, chilli and jalapeño peppers and bake for 10 minutes until golden. Serve with extra jalapeños and guacamole or sour cream.

Further adaptations:

What I did well:

What went wrong:

How can I improve next time:

Suet Pastry Basic Recipe

Ingredients: 200g/8oz SR Flour Pinch of Salt
100g/4oz Shredded Suet cold water to mix

Method:

1. Mix flour, salt and suet, add sufficient cold water to make a pliable dough
2. Turn the dough out onto a floured board and knead lightly. Allow to rest for a few minutes before rolling out.

NB Suet Pastry is quick to make and at its best when freshly baked. Also if no suet then substitute frozen grated butter.

Savoury Bacon Roll

Ingredients:

200g/8oz Suet Pastry
200g/8oz streaky bacon, chopped
1 small onion, peeled and chopped
1 x 5ml spoon (1tsp) chopped parsley

Method:

1. Fry the bacon and onion gently together for 2-3mins, add parsley
2. Make pastry, roll into an oblong and spread bacon mixture to within 1cm (1/2in) of edges
3. Damp edges with water and roll up tightly
4. Place on a greased baking tray and bake in a moderately hot oven, 200°C, gas mark 6 for about 45 minutes



Jam Roly Poly

As per Savoury Bacon Roll but substitute 100g of favourite jam or syrup for bacon mixture

Further adaptations:

What I did well:

What went wrong:

How can I improve next time:

Chocolate Brownies

Ingredients: 50g/2oz plain chocolate 75g/3oz margarine
2 Eggs 125g/5oz caster sugar
100g/4oz SR Flour Pinch of salt

Method:

1. Melt the chocolate and margarine over hot water
2. Beat in eggs and sugar
3. Mix in flour, salt, spread in a well-greased 20.5cm (8in) square tin
4. Bake in a moderate oven 180°C, gas mark 4 for about 30 minutes until the top has a dull crust



Parkin

Ingredients: 100g/4oz SR Flour 100g/4oz fine/medium oatmeal
100g/4oz black treacle 50g/2oz butter
75ml(5tbsp) milk 1 x 5ml/1tsp ground ginger
Small egg beaten 100g/4oz soft brown sugar

Method:

1. Grease an 18cm (7in) square tin and line the bottom with greaseproof paper
2. Mix together the dry ingredients
3. Warm the treacle, butter and milk. Add the dry ingredients with the egg and beat well
4. Pour in the mixture and bake for 50-55 minutes at 160°C, gas mark 3 on the middle shelf

Further adaptations:

What I did well:

What went wrong:

How can I improve next time:



Custard Tart

Ingredients:

4oz/100gms shortcrust pastry

Filling:

2 Eggs

250ml (1/2pt) milk

2 x 15ml spoons (2tsps) sugar

grated nutmeg

Method:

1. Line an 18cm (7in) flan ring with the pastry. Bake Blind.
2. To prepare custard filling, whisk eggs, bring milk and sugar to the boil. Pour onto eggs and cool
3. Strain into the pastry case and sprinkle with grated nutmeg
4. Bake in a moderate oven 180⁰C, gas mark 4 for about 20 minutes until set.

To bake BLIND:

1. Make shortcrust pastry, and place in baking plate or flan ring.
2. Cut a piece of grease proof paper to size, a little larger than the tin.
3. Place paper onto the pastry and weight down with dried beans.
4. Cook for 15 minutes 200⁰C/gas 6.
5. Remove the paper and beans and cook for a further 5 minutes till pastry is dry and golden.
6. Leave to cool before removing from tin.

Alternatively prick the sides and base of the pastry before lining it and beans will not be necessary.

To bake BLIND:

1. Make shortcrust pastry, and place in baking plate or flan ring.
2. Cut a piece of grease proof paper to size, a little larger than the tin.
3. Place paper onto the pastry and weight down with dried beans.
4. Cook for 15 minutes 200C/gas 6.
5. Remove the paper and beans and cook for a further 5 minutes till pastry is dry and golden.
6. Leave to cool before removing from tin.

Alternatively prick the sides and base of the pastry before lining it and beans will not be necessary.

Further adaptations:

What I did well:

What went wrong:

How can I improve next time:

Lemon Meringue

Ingredients:

- 4oz/100gms shortcrust pastry
- 1 large thin skinned lemon
- 2-3 tables spoons granulated sugar
- 2 level tablespoons cornflour
- 2 eggs
- ½ oz/12.5gms butter
- 4oz/100gms caster sugar

Method:

1. Make pastry, roll out and line a 8½” pie plate or 7” flan ring.
2. Bake “Blind” (see previous page) in centre of preheated oven 200C gas 6 for 15minutes till pastry is crisp and golden.
3. Leave to cool, when cool remove from dish.
4. Peel rind in thin slivers omitting the pith.
5. Squeeze the juice from the lemon and set it aside.
6. Put the lemon peel, granulated sugar and ½ pt water in a pan, cook over low heat till the sugar has dissolved, stirring with a wooden spoon. Bring to the boil and remove from the heat.
7. Blend the cornflour in a bowl with 3 tablespoons of the lemon juice.
8. Pour the syrup into the cornflour mixture, through a strainer, stirring all the time.
9. Separate the eggs, (yokes from whites), Beat in the egg yolks one at a time together with the butter. The mixture should be thick enough to coat the back of a spoon. If not return the mixture to a pan and heat with out boiling for a couple of minutes.
10. Set the pastry case onto a baking tray and spoon the lemon mixture into it.
11. Whisk the egg whites till stiff add ½ the caster sugar and continue to whisk until the meringue holds its shape in soft peaks.
12. Leaving 1 teaspoon of sugar behind, fold in the rest of the caster sugar with a metal spoon.
13. Pile the meringue over the lemon filling from the outsides in. Make sure the meringue joins the pastry sides to prevent the meringue “weeping”. Sprinkle remaining sugar over the top.
14. Place in oven, 150C gas 2, for about 20-30minutes till meringue is crisp.
15. Place on cooling rack.



Further adaptations:

What I did well:

What went wrong:

How can I improve next time:



Malteser Tray Bake

Ingredients: 100g butter
200g milk chocolate
3 tablespoons golden syrup
225 finely crushed digestive biscuits
225g Maltesers

Method:

1. Melt together the butter, chocolate and syrup
2. Add the crushed biscuits and the Maltesers
3. Mix together quickly then pour into a square tin and chill until set
4. For a special occasion drizzle with some melted white chocolate
5. Cut into squares

Further adaptations:

What I did well:

What went wrong:

How can I improve next time:

Chinese Chicken Noodles

Serves 2



Ingredients:

150g (5 oz) fine Chinese style dried egg noodles or use straight to wok noodles

250ml (8 fl oz) chicken stock

3 tsp dark soy sauce

50 g(2 oz) frozen peas

75g (3 oz) drained canned or frozen sweetcorn

100 g (4 oz) cooked chicken, shredded

1tsp cornflour

1 spring onion, sliced

Prep time 10 minutes

Cooking time: 5 minutes

Method:

1. Cook the noodles according to the packet instructions (or use pre-cooked noodles).
2. Drain and set aside.
3. Put the stock, soy sauce, peas, sweetcorn and chicken in a pan over a medium heat.
4. Bring to a simmer and cook for 2 minutes.
5. In a small cup, mix the cornflour with 2 teaspoons of cold water and add to the contents of the pan then cook, stirring, for a further minute until the liquid thickens slightly.
6. Add the noodles and spring onion and reheat briefly, stirring.

Further adaptations:

What I did well:

What went wrong:

How can I improve next time:



Lasagne

Ingredients:	1 Onion	400g/1lb Mince
	1tsp tomato puree	mixed herbs
	500ml/1pt milk	50g/2oz flour
	50g/2oz marg	75g/3oz cheddar cheese
	Lasagne sheets	salt & pepper

Method:

1. Heat the oven to 190⁰C, gas mark 5
2. Peel and chop the onion. Grate the cheese onto a plate
3. Fry the mince and onion for 5-10mins. Stir in puree and mixed herbs
4. Add seasoning. Leave on the hob or pan stand

All-in-one-sauce

5. Put marg, flour and milk in a pan
6. Bring the sauce to simmer, stir all the time until it thickens
7. Remove from heat, stir in most of the cheese until melted
8. Put half the mince into ovenproof dish, cover with Lasagne sheets
9. Pour on and spread half the sauce, repeat with remaining mixture
10. Top with remaining cheese. Bake in oven for approx. 30mins

Further adaptations:

What I did well:

What went wrong:

How can I improve next time:



Pasta Bake

Ingredients:	100g/4oz pasta shapes	25g/1oz marg
	25g/1oz flour	250ml/1/1pt milk
	75g/3oz cheddar cheese	Salt & pepper
	Ovenproof dish	
Choose from:	5ml tin of tuna	5 mushrooms
	1 courgette	1 small onion
	4 hot dog sausages	4 slices of cooked ham

Method:

1. Heat oven to 200°C, gas mark 6
2. Cook the pasta in boiling water for 10-15mins
3. Pour into a colander and leave to drain
4. Grate cheese on a plate. Prepare chosen ingredients
5. Make sauce as steps 5-7 for lasagne
6. Pour pasta and other ingredients into sauce and stir to mix
7. Pour into an ovenproof dish and bake for approx. 20mins

Further adaptations:

What I did well:

What went wrong:

How can I improve next time:

Cauliflower Cheese

Ingredients: 1 small cauliflower 25g/1oz plain flour
Salt & pepper 25g/1oz marg
Ovenproof dish 250ml/1/2pt milk
75g/3oz cheddar cheese

Method:

1. Cook cauliflower whole or in florets in boiling water until tender
2. Pour cauliflower into a colander and leave to drain
3. Grate the cheese on a plate
4. Make sauce as in steps 5-7 for lasagne add most of cheese & season
5. Put cauliflower into an ovenproof dish
6. Cover with the sauce. Sprinkle with the remaining cheese
7. Brown under the grill



Macaroni Cheese

Ingredients: 100g/4oz macaroni 25g/1oz plain flour
Salt & pepper 25g/1oz marg
Ovenproof dish 250ml/1/2pt milk
100g/4oz grated cheddar cheese

Method:

1. Put on Oven o 200C, Gas Mark 6
2. Cook macaroni in boiling water for 10-15mins, drain in a colander
3. Make sauce as in steps 5-7 for Lasagne, add most of cheese, season.
4. Add macaroni, stir until well coated.
5. Pour into an ovenproof dish, sprinkle with remaining cheese
6. Bake in oven for approx 20mins

Further adaptations:

What I did well:

What went wrong:

How can I improve next time:

Gnocchi with Cheese Sauce

Single Portion

Gnocchi are various thick, soft dumplings. They may be made from semolina, ordinary wheat flour, potato, bread crumbs, or similar ingredients. The smaller forms are called gnocchetti.



Gnocchi are eaten as entrées (primi piatti), alternatives to soups (minestre), or pasta. They are widely available dried, frozen, or fresh in vacuum sealed packages in supermarkets and specialty stores. Classic accompaniments of gnocchi include tomato sauces, pesto, and melted butter (sometimes fried butter) with cheese. While they are often available frozen in specialty grocers, they are typically homemade in Italian and Italian-American households.

Ingredients:	½ potato, cubed	3 tbsp plain flour
Cheese Sauce:	1/4 pt / 125ml milk	1oz / 25g marg
	1oz / 25g flour	50g / 2oz cheese grated
	salt and freshly ground black pepper	

Method:

1. Microwave the potato in a little water for four minutes.
2. Remove from the microwave, strain and mash.
3. Mix with the flour to make a dough. Shape into a roll and cut into pillow shapes.
4. Cook in boiling water for two minutes.
5. Strain and put onto a plate.
6. In a saucepan melt the cheese and cream together. Season with salt and freshly ground black pepper.
7. Pour the sauce over the gnocchi and serve.

Further adaptations:

What I did well:

What went wrong:

How can I improve next time:

Tomato Ragu

Ingredients:

- 1 Onion
- 1 Clove garlic
- 1 tbsp oil
- 1 tin chopped tomatoes
- Handful of fresh basil (or ½ tsp dried)
- Pepper to season



Method:

1. Peel and chop onion, peel and crush garlic
2. Fry onion and garlic in the oil for 5 mins, until soft
3. Add tomatoes and tear in basil leaves.
4. Add a little pepper, allow to simmer for 30 mins
5. Serve stirred into cooked pasta
6. Pour the sauce over white fish, sprinkle with cheese and bake for 20 mins until brown.

Tips: Add a little chilli chopped (or squeeze from a tube at stage 2 to give a spicy kick) OR add 75g mushrooms and 75g courgettes after stage 2

Easy Tuscan Pasta

Serves 6

Ingredients:

- 3 tablespoons olive oil
- 1/2 cup onion
- 3/4 cup coarsely chopped carrot
- 1 recipe of tomato ragu
- 1/2 teaspoon crushed red pepper flakes
- 3 cups penne pasta -- uncooked
- 1 (19-oz) can white beans drained and rinsed
- Chopped fresh parsley -- (optional)

Method:

1. In large skillet over medium heat, heat oil; add carrot and onion.
2. Cook 5 minutes, stirring occasionally, or until tender.
3. Stir in pasta sauce and crushed red pepper, heat to boiling.
4. Reduce heat; simmer, covered, 5 minutes.
Add beans; heat through.
5. Meanwhile, cook pasta according to package directions; drain.
6. Spoon sauce over hot pasta; sprinkle with parsley, if desired.

Further adaptations:

What I did well:

What went wrong:

How can I improve next time:

Quick Bread Mix

Stage One - make the (dry) bread mix - this keeps for several weeks in a cool dry place in a sealed plastic bag or Tupperware box.

10 oz white plain flour (NOT STRONG FLOUR)

10 oz Strong Brown OR Strong white Bread Flour

PLUS

2 tablespoons or 2 sachets of dried yeast

2 tablespoons granulated sugar

1 teaspoon salt

(This is a lot of yeast to make the bread rise quickly, it has a slightly yeasty taste as a result and it might be possible to experiment and reduce the amount slightly if the taste bothers you)

Stage Two - when ready to use

Switch oven on to preheat 220°C/Gas 7

ADD

1 tablespoon olive oil OR 1 oz butter

400ml hand hot water (you may need a little more or less than this)

1. Mix immediately with wooden spoon until dough leaves bowl clean.
2. Turn onto floured board and kneed quickly
3. Put into bread tin (this amount makes enough for 2 standard 2lb bread tins)
4. Leave to rise in warm place until doubled in size (up to 45 minutes) (on top of the warming oven it took about 20 minutes today)
5. Put in oven, cook for 20 minutes
6. Turn loaves out of tins and knock on bottom, if sounds 'hollow' it is done.
7. Return loaves (without tins) to oven for 3 minutes to harden crusts.
8. Take out of oven and place on wire rack to cool.
9. Keeps up to three days in cool dry place.

Further adaptations:

What I did well:

What went wrong:

How can I improve next time:



Bread Base Pizza

Ingredients:	1 quantity of bread mix	
Topping:	1 – 2 tbsp tomato puree	1 can chopped tomatoes
	1 onion sliced	1 garlic clove chopped
	3-4 oz 75-100g grated cheese	
Extras:	½ pepper sliced	Mushrooms sliced
	Chopped ham or bacon	Pepperoni sliced,
	Cooked sliced sausage	Pineapple pieces.
	Any desired topping	

Method:

1. Heat oven to 220°C, gas mark 7
2. Prepare the bread mix in the usual way.
3. Roll out to fit baking sheet and put somewhere warm to rise.
4. Prepare topping ingredients.
5. Arrange topping on bread mix starting with tomato paste and tomatoes. Arrange other ingredients. Top with cheese last.
6. Bake 30 – 40 mins

Further adaptations:

What I did well:

What went wrong:

How can I improve next time:

Recipe Skill	Electric hand mixer	Rolling out / Roll and Fold	Sautéing	Use of Hob	Use of Oven	Simmering / Boiling	Roux Sauce	Baking Blind Lining cake tins /	Peeling / Chopping	Melting	Rubbing In	Breaking Separating Eggs	Creaming	All in one	Weighing & measuring
Chilli / Spag. Bolognese / Cottage Pie / Meatballs															
Masala / Korma / Sweet and sour / Ghanaian Chicken															
Risotto															
Quiche / Savoury Flan															
Whisked Sponge / Swiss Roll / Fruit Flan															
All-in-one-Victoria Sandwich															
Choux Pastry -buns & eclairs															
Cornish Pasties / Enchiladas															
Savoury Bacon or Jam Roll															
Brownies / Parkin															
Lemon Meringue / Custard Tart															
Malteser Tray Bake															
Chinese Chicken Noodles															
Lasagne															
Cauliflower / Macaroni Cheese / Pasta Bake															
Gnocchi with cheese sauce															
Tomato Ragu / Tuscan Bake															
Bread Based Pizza															