

Campion School

Year 9 Recipes

Food Technology

Name: _____

Apple Crumble

Ingredients

50g butter or margarine
100g plain flour
50g oats
25g sugar
2 eating apples
50g sultanas



Method

1. Preheat the oven to 190C or Gas Mark 5
2. Rub the butter or margarine into the flour until it looks like breadcrumbs.
3. Stir in the oats and sugar , mix well.
4. Peel the apples and remove the core. Slice thinly.
5. Arrange the apple slices in an oven proof dish and then add the sultanas.
6. Sprinkle the crumble topping over the slices.
7. Bake for 25-30 minutes, until the apple is soft and the crumble is golden.;

Asparagus and Hollandaise Sauce

Ingredients

- bunch of asparagus (or other seasonal vegetable)
- 125g butter
- 2 egg yolks
- ½ tsp white wine vinegar or tarragon vinegar (at school)
- pinch salt
- splash ice cold water
- lemon juice
- cayenne pepper



Method

- 1.Melt the butter in a Bain Marie.
- 2. Put the egg yolks, lemon juice, salt and cayenne into a pyrex bowl and whisk.
- 3. Whisk the eggs for 20-30 seconds at medium to medium high speed until lighter in colour.
- 3. Turn whisk down to lowest setting and slowly drizzle in the hot melted butter while the blender is going.
- 4. Continue to blend for a few seconds after all of the butter is incorporated.
- 5. Taste the sauce and add more salt or lemon juice if needed.
- 6. Keep warm while you are steaming the asparagus.

Beef and Veggie Stew

Ingredients

6-8 baby onions
2 carrots
8 small mushrooms
500g lean stewing beef
1 x 15ml spoon oil
1 x 15ml spoon flour
600ml stock (water and beef stock cube)
1 bay leaf
1 x 15ml spoon thyme



Method

1. Prepare the vegetables.
Peel the onions
Peel and chop the carrots
Slice the mushrooms in half.
2. With a fresh knife on a clean chopping board, dice the beef.
3. Brown the beef in the oil in a saucepan.
4. Stir in the flour, so each piece of beef is covered.
5. Add the onions, carrots and mushrooms.
6. Pour in the stock and add the bay leaf and thyme.
7. Bring to the boil and reduce to a simmer.
8. Cover with the lid and cook for 1 hour.

Bread

Ingredients

250g strong bread flour
15g margarine
Pinch of salt
1 sachet of dried fast action yeast
125mls of warm water
1 egg for glazing
Poppy seeds or sesame seeds - optional



Method

1. Pre-heat the oven to Gas 7/220c
2. Grease baking tray with oil.
3. Sieve the flour into a mixing bowl.
4. Add the salt to the flour.
5. Rub in the margarine.
6. Add the dried yeast.
7. Mix all ingredients together.
8. Measure 125mls of WARM water. Add this to the flour mixture and mix until it forms a soft dough.
9. Place the dough on a floured table and knead for 10 minutes.
10. Divide the dough into 6 equal portions. Shape them into rolls and place them on the greased baking tray.
11. Fill the empty mixing bowl with warm water.
12. Place the baking tray containing the rolls over the bowl of warm water. This will help to clean the bowl and help the bread to rise.
13. Grease a large piece of cling film and place it greased side down onto your bread rolls. This will stop a skin forming on the top of the dough.
14. Leave the bread to rise until it doubles in size.
15. Remove the cling film.
16. Glaze the top of the rolls with beaten egg and add poppy/sesame seeds if you are using them.
17. Place the baking tray in the oven for 15-20 minutes. When it is cooked, the bread should be set, golden brown and if you tap the bottom of the rolls, they will sound hollow.

Breakfast Frittata

Ingredients

- 2 sausages
- 2 medium potatoes
- 3 mushrooms
- 2 tbsp sun flower oil
- 2 tomatoes
- 3 eggs



Method

1. Peel and cut the potatoes into a small pieces (bite size) then place in a saucepan of hot water and cook until tender.
2. Fry the sausages until golden brown and cooked through to the centre.
3. Cut the tomatoes into quarters (fours) and thinly slice the mushrooms.
4. Crack the eggs into a jug and beat lightly with a fork.
5. When the sausages are cooked set aside on a plate and leave them to cool slightly.
6. Drain the potatoes in a colander and place them into the frying pan fry them for 3 minutes till they are golden, add the tomatoes and fry on a low heat.
7. Cut the cooked sausages into bite size pieces, and place in the frying pan.
8. Pour in the eggs but do NOT stir, cook this for 5 minutes until the base of the tortilla is set.
9. Preheat the grill and place the Frying pan, but not the handle , under the grill to cook the top.
10. Carefully remove from the pan and place on a board and leave to cool slightly before cutting.

Buche de Noel

Ingredients

150g caster sugar
6 eggs, separated
50g cocoa powder
240g chestnut purree or dark chocolate
275ml double cream
Icing sugar
0.5 m of greaseproof paper



Method

1. grease and line the 29cm x 18cm tray
2. Preheat the oven to 180C.
3. Place the egg whites in a clean bowl and whisk until they form stiff peaks.
4. Place the yolks in a separate bowl and whisk until they start to thicken, then add caster sugar and whisk until slightly thick. Fold in the cocoa powder.
5. Cut in the Egg whites and then pour the mixture into your baking tray, smooth out and bake for 20 – 25 minutes.
6. Carefully wash your bowl and whisk.
7. Melt your chocolate in a Bain Marie.
8. Whisk your cream until thick. Stir in the melted chocolate to form a ganache, place in the fridge to chill (Ideally – premake this at home)
9. Lift out your cake and cool
10. Turn it onto a piece of grease proof paper on the work top
11. spread with ganache and roll into a log. Dust with icing sugar. And decorate.

Burgers

Ingredients

I small onion
½ an apple
200g mince of your choice
1 tbsp of beaten egg
1 tbsp Plain flour
2 rolls
A few lettuce leaves
Slices of tomatoes



Method

1. Peel and very finely chop the onion.
2. Leaving the skin on grate the apple coarsely, when you can see the pips and core-it's done!
3. Put the apple and onion in to a mixing bowl and add the mince, stir using a wooden spoon or use your hands, making sure the mix has been evenly mixed together.
4. Crack the egg into a jug and whisk lightly, pour half of the mix into the mince, onion and apple mixture.
5. Again using your hands or wooden spoon mix together evenly.
6. Place the flour onto a plate and lightly cover your hands with a little flour, this will help the mixture not stick to your hands.
7. Take a quarter of the mixture and shape it into a burger shape (round and flat), gently coat each side of the burger and place them on a grill pan and cook under the grill for 8 minutes each side. You need to check in the centre of your burger that the meat is cooked and no pink raw meat is showing.
8. When the burger is thoroughly cooked, place in your roll and layer the lettuce and tomato.

Chilli Con Carne

Ingredients

1 onion
1 clove garlic
1 green pepper
1 x 10ml oil
250g minced beef
1 x 10ml spoon flour
250ml stock—water and stock cube
1 x 400g can red kidney beans
1 x 15ml spoon tomato puree
1 x 15ml spoon chilli powder



Method

1. Prepare the vegetables—peel and chop the onion; peel and crush the garlic; deseed and dice the pepper.
2. Fry the onion and garlic in the oil for 3-4 mins.
3. Add minced beef and cook until browned.
4. Stir in the flour.
5. Pour in the stock.
6. Drain the kidney beans and add to the meat.
7. Stir in the tomato puree and chilli powder.
8. Bring to the boil and simmer for 20 mins.
9. Add green pepper and cook for a further 15 mins.

Chicken and Ham Pie

Ingredients

200g cooked chicken – shredded or in small chunks
100g ham
25g margarine
25g plain flour
1 chicken stock cube
250ml milk
125g peas or sweetcorn or a mixture of both
Freshly milled black pepper
1 pack flaky or puff pastry
Extra flour for rolling out the pastry
1 egg
800ml capacity ovenproof pie dish
Foil to cover it



Method

1. Pre-heat the oven to Gas 5/190°C
2. Place the margarine, flour, stock cube and milk into a saucepan. Place on a medium heat and whisk continually until the sauce thickens (about 5 minutes).
3. Add the sweetcorn and/or peas and cook for a couple of minutes. Add a twist or two of black pepper, add the chicken and the ham and stir the mixture until evenly combined and then take off the heat.
4. Place this mixture into your pie dish and leave to one side.
5. Lightly flour the work surface and carefully roll out the pastry until it is about 1cm thick. The pastry will need to be rolled enough to either cover your dish or cut circles from. If you are covering the dish, brush water on the edge of the dish, lay the pastry over it and cut round the dish. Slash the top a couple of times and add a pastry leaf decoration. If you are using circles, cut out and then arrange over the topping. **YOU CAN ONLY ROLL OUT FLAKY OR PUFF PASTRY ONCE!!**
6. Crack the egg into a measuring jug, beat with a fork and then brush the egg over the pastry to glaze the top of the pie.
7. Bake the pie in the oven until the pastry is risen and golden brown – about 25 mins.

Chicken Tikka

Ingredients

2 chicken breasts
2 x 15ml spoons tikka paste
3 x 15ml spoons plain yogurt
1/2 lemon

Method

1. Remove any skin from the chicken and cut into live chunks.
2. Mix the tikka paste and yogurt together.
3. Squeeze the lemon and add to yogurt mixture.
4. Stir the chicken into the yogurt mixture, cover and marinade for at least 30 mins.
5. Preheat the grill so that it is very hot.
6. Place the chicken on a non stick baking tray and place under the hot grill for about 10-15 mins.
7. Turn over the pieces of chicken so that it is cooked through.



Christmas Cake

Ingredients

800g dried mixed fruits
225g plain flour
1/4 teaspoon salt
1/4 teaspoon nutmeg
1/4 teaspoon mixed spice
50g almonds (optional)
225g soft brown sugar
4 large eggs
Juice and grated rind of 1 lemon
Juice and grated rind of 1 orange
1 dessert spoon of black treacle
225g butter



Method

1. Preheat the oven to 140C or gas mark 1
2. Grease and line a 20cm round cake tin or 18cm wide square tin.
3. Cream the butter and sugar together in a large bowl.
4. Beat in the eggs gradually until smooth, add a little at a time, to avoid it curdling.
5. Sieve the flour, salt and spices into the large bowl. Fold into the mix.
6. Stir in the treacle.
7. Stir in the dried fruit, lemon and orange juice and rind.
8. Pour the cake mixture into the tin and level.
9. Bake slowly for 4.5 hours.

Week 2 : 250g marzipan, 4 tablespoons of apricot jam.

Week 3 : 500g ready to roll fondant icing and food colouring.

Cottage Pie

Ingredients

1 onion
1 carrot
3 medium potatoes
1/4 savoy cabbage
250g lean minced beef
1 x 15ml spoon plain flour
1 x 15ml spoon tomato puree
1 x 15ml spoon Worcestershire sauce
300 ml water
1 stock cube
150ml semi-skimmed milk



Method

1. Preheat the oven to 200°C or gas mark 6.
2. Prepare the vegetables—peel and chop the onion; peel and dice the carrot; peel and cut the potatoes into chunks; shred the cabbage.
3. Place the potatoes in a saucepan of water, bring to the boil and simmer for 20 mins until soft.
4. In a non stick pan frying pan dry fry the beef with the onions and carrots until the mince is browned.
5. Stir in the flour, tomato puree and Worcestershire Sauce.
6. Add the stock cube to the water to make the stock.
7. Add the stock to the meat mixture, bring to the boil and simmer for 5-10 mins until the carrot is soft.
8. During the last 5 minutes of cooking the potatoes add the cabbage.
9. Drain the potatoes in a colander , return to the saucepan and mash with the milk.
10. Place in an oven proof dish or foil tray on a baking tray. Spread the meat mixture into the dish and spoon the mash over the top.
11. Cook for 20-25 mins until golden brown.

Crispy Potatoes

Ingredients

4 large potatoes
1 x 15ml spoon oil



Method

1. Preheat the oven to 200°C or gas mark 6. Place a baking tray in the oven.
2. Peel the potatoes and cut into large chunks (8 per potato)
3. Place the potatoes in a mixing bowl and pour the oil over.
4. Mix the potatoes with the oil.
5. Remove the baking tray from the oven.
6. Carefully place the potatoes on the tray and place back in the oven.
7. Bake for 40-50 minutes, turning them over after 25 minutes, until golden.

Custard

Ingredients

500ml milk
30g custard powder
30g sugar



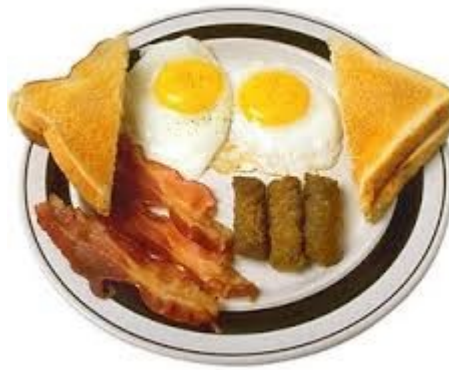
Method

1. Mix a little of the milk with the custard powder and sugar in a mixing bowl. pow-
2. Heat the remaining milk nearly to the boil in a saucepan.
3. Pour the hot milk over the custard powder mixture, whisking all the time.
4. To thicken the custard, return the saucepan and bring to the boil, whisking all the time.

English breakfast

Ingredients

Sausage
Bacon
Eggs
Bread
Oil



Method

1. Prepare bacon and sausage and oil. Once cooked, leave on paper towel on brown chopping board. gently fry in a little towel on brown chop-
2. Prepare and gently fry remaining ingredients, but not the egg. Leave on paper towel on chopping board.
3. Heat some more oil in a frying pan, gently cook egg, spooning hot fat over the yolk.
4. Fry bread to soak up any oil.

Fajitas

Ingredients

1/2 lime
1 clove garlic
1/2 green chilli
Small bunch coriander
1 x 10ml spoon oil
1 small chicken breast or 3-4 thighs
1/2 onion
1/2 green pepper
1 tomato
25g cheddar cheese
2 tortillas
1 x 15ml spoon guacamole or salsa 9optional)



Method

1. Prepare the marinade. Squeeze the lime; peel and crush garlic; de-seed and crush chilli; chop coriander; stir everything together with the oil.
2. Remove any skin from the chicken and cut the meat into pieces. Mix with the marinade and place in the fridge, covered until needed.
3. Prepare the remaining ingredients with a clean knife on a clean chopping board. Slice the onion and green pepper; chop the tomato; grate the cheese.
4. Add the marinated chicken to the wok or frying pan and stir fry for about 4 mins. Check that the chicken is cooked.
5. Add the onion and pepper and cook for a further 2 mins.
6. Warm the tortillas in a microwave for 20 seconds then lay flat on a plate.
7. Spread a little chicken in the centre of the tortilla, add some tomato, cheese and guacamole, then role up.

Fishcakes

Ingredients

1 can of salmon, tuna or 100g mackerel
250g baking potatoes
15g margarine
Ground black pepper
Handful fresh parsley
3 tbsp flour
1 egg
Breadcrumbs
Oil



Method

1. Peel the potatoes and cut into even, small chunks. Place in a saucepan and cover with cold water.
2. Place on the hob and bring to the boil. Turn down to simmer until the potatoes are cooked.
3. Open the tin of fish and drain the liquid out.
4. Wash the parsley and then using a sharp knife and chopping board, chop the parsley.
5. Drain and then roughly mash the cooked potatoes. Then add the parsley, fish, pepper and margarine and stir using a fork until it is evenly mixed.
6. Divide the mixture into 6 even pieces and shape into fishcakes.
7. Place the flour and breadcrumbs onto plates, and beat the egg in a small bowl. Cover the fishcake in flour, then in beaten egg and finally in breadcrumbs.
8. Heat the oil on a medium heat in a frying pan. Fry the fishcakes carefully, turning once. They should be golden brown on each side. Place onto a paper towel to absorb any fat.

Ginger Cake

Ingredients

175g plain flour
86g butter
1 tsp ground ginger
Pinch nutmeg
2 tablespoons milk
86g black treacle
86g syrup
86g soft brown sugar
1 egg



Method

1. Preheat the oven to 170C or gas mark 3
2. Mix the flour, spices and bicarbonate of soda in a bowl.
3. In a saucepan melt the butter, sugar, treacle and syrup.
4. Stir in the flour.
5. Beat in the egg.
6. Spread into two greased foil containers.
7. Bake for 25-30 minutes.

Lemon Cheesecake

Ingredients

Base

110g digestive biscuits
55g butter or margarine
Small food or sandwich bag

Filling

300g low fat cream cheese
250g mascarpone cheese
50g caster sugar
1 fresh lemon

Topping

Punnet of strawberries or raspberries

18cm sandwich cake tin or similar tin



Method

1. Grease the cake tin with a little of the butter.
2. Put the biscuits in the food bag, hold shut and GENTLY crush to a fine crumb with a rolling pin.
3. Put the remaining butter in a saucepan over a low heat until melted. Take off the heat as soon as it has melted. DO NOT BOIL OR BURN IT!
4. Add the biscuit crumbs into the butter, stir until they are all coated with butter and then press the mixture into the cake tin using the back of a wooden spoon.
5. Using a zester, remove the lemon rind juice the lemon.
6. In a mixing bowl, put in the cream cheese, the mascarpone, the castor sugar, the lemon juice and the lemon rind. Beat together with a wooden spoon until smooth.
7. Spread over the biscuit mixture.
8. Prepare your chosen fruit and place on top of the cheese mixture.
9. Chill in the fridge.

Mince Pies

Ingredients

150g plain flour

75g butter

Pinch salt

3 tablespoon water

12 heaped teaspoon sweet mince meat

Method

1. Preheat the oven to 180C / Gas Mark 5.
2. Grease a buns tin.
3. Sieve the flour and salt into a bowl.
4. Cut in the butter and then rub in with your finger tips until it resembles fine bread crumbs.
5. Add the water and knead into a dough.
6. Roll out onto a floured work top and cut 12 large bases and 12 small tops.
7. Place the 12 bases into the greased bun tin.
8. Place a heaped teaspoon of mincemeat into each base.
9. Brush the edge of the base with water and stick a lid to each one.
10. Cut a small slit in the top of each pie to allow the steam to escape.
11. Egg Wash glaze (optional)
12. Bake for 15—18 minutes until golden and the pastry is crisp.



Minestrone

Ingredients

1 clove garlic
1/4 cabbage
1 onion
1 stick celery
1 carrot
1 potato
1 tomato
1 rasher bacon
1 x 10 ml spoon oil
1 stock cube
800ml boiling water
1 x 5ml spoon mixed herbs
1 x 15ml spoon tomato puree
Black pepper
25g small pasta or broken spaghetti



Method

1. Prepare the vegetables and bacon.
 - Peel and crush the garlic
 - Shred the cabbage
 - Peel and chop the onion
 - Slice the celery
 - Peel and dice the carrot
 - Peel and dice the potato
 - Chop the tomato
 - Chop the bacon with a fresh knife on a clean chopping board.
2. Fry the onion, garlic and bacon in oil for 2 minutes.
3. Stir in the carrot, celery and potato.
4. Add the stock (water and stock cube mixed together).
5. Stir in the sliced tomato and shredded cabbage.
6. Add the mixed herbs, tomato puree and black pepper, bring to the boil and simmer for 10 minutes.
7. Add the pasta and allow to simmer for a further 10 minutes.

Mushroom Risotto

Ingredients

1 onion
150g chestnut mushrooms
2 cloves garlic
1 x 15ml spoon olive oil
250g risotto rice
1 x 5ml spoon vegetable stock powder
1—1.5 litres boiling water
1 x 15ml spoon grated parmesan
1 x 10ml spoon thyme chopped



Method

1. Prepare the vegetables—peel and chop the onion; slice the mushrooms; peel and crush the garlic.
2. Fry the onion and garlic in the oil until soft.
3. Add the mushrooms and fry for another 2 mins.
4. Stir in the rice.
5. Mix the stock powder with the water.
6. Add a little stock to the rice and keep stirring until the stock is absorbed.
7. Continue adding the stock until the rice cooks— this will take 20-25 mins. The rice should be soft, but still retain a nutty bite.
8. Stir the parmesan and thyme into the rice.

Paella

Ingredients

1 onion
1-2 cloves garlic
1 red pepper
1 chicken breast or 4 thighs
1 x 15ml oil
1 x 5ml spoon turmeric
1 x 5ml spoon paprika
750ml stock (veg or chicken stock cube)
250g rice
25g peas
100g mixed cooked seafood



Method

1. Prepare the vegetables—peel and chop the onion; peel and crush the garlic; deseed and dice the red pepper.
2. Remove any skin from the chicken then dice into chunks with a fresh knife on a clean chopping board.
3. Fry the onion and pepper in the oil for 5 mins.
4. Add garlic, turmeric and paprika and cook for 2 mins.
5. Add the diced chicken and cook until it turns white.
6. Pour in the stock, bring to the boil and cook for 5 minutes.
7. Add the rice.
8. Bring to the boil and allow to simmer for 15 mins.
9. Stir in the peas and seafood and cook for a further 5 mins.

Pasta Bake

Ingredients

75g dried Pasta
25g margarine/butter
25g plain flour
250ml milk
100g mature cheddar cheese
Onion, courgette, cooked chicken, red pepper, sweetcorn
Oven proof dish



tuna,

Method

1. Put the oven on to Gas N° 5/ 190°C
2. Fill a saucepan 1/3 full of water and put it onto the hob on a medium heat. When the water is **boiling** put the pasta in. Be careful to keep an eye on the pan to stop it boiling over.
3. Whilst the water is boiling and the pasta is cooking, prepare the other ingredients, e.g. drain tuna, chop vegetables and grate your cheese.
4. Using a colander, drain the pasta and leave to one side.
5. Take a separate saucepan and add the flour, marg/butter and the milk. Turn the hob onto a medium heat and then using a whisk, **CONSTANTLY** stir the sauce until it thickens (make sure you scrape the whisk around the edges of the pan to ensure that the mixture is mixing evenly).
6. When the sauce has thickened, REMOVE the pan from the heat and stir in most of the cheese until it has melted. Save some cheese for putting on the top of the bake.
7. Add your other ingredients and stir until the sauce has coated them.
8. Then add the pasta and stir again.
9. Place the pasta, sauce and ingredients into the baking dish, sprinkle on the remaining cheese and then bake in the oven for 15-20 minutes until golden brown.

Roast Chicken Legs

Ingredients

2 Chicken legs



Method

1. Preheat the oven to 190°C or gas mark 5.
2. Place chicken legs into a baking dish.
3. Roast for 30-40 mins.
4. Check that the chicken is cooked completely by piercing the thickest part of the leg with a clean knife. It is cooked when the juices run clear.

Sausage Rolls Recipe

Ingredients

320g pack of puff pastry – ready rolled
4 sausages or 250g pack of sausage meat
½ onion grated
Fresh sage finely chopped (school to supply)
1 tbsp flour
Salt and pepper
1 egg or milk for glaze



Method

1. Preheat the oven to 220 C
2. Place the sausage meat in a bowl, grate in the onion, add the finely chopped sage, a pinch of salt and pepper and mix together well, with hands.
3. Dredge the flour onto your red board and roll your sausage meat into two long sausage, the same width as your pastry.
4. Unroll you pastry and leave it flat on the plastic sheet. Cut it in half length ways.
5. Place the sausage in the middle.
6. Fold the pastry over and seal.
7. Score the top of the sausage roll to create a hole to release the steam.
8. Cut into 4cm lengths and place on the greaseproof paper on the baking tray. Makes 10.
9. Glaze
10. Bake for 20 minutes until golden and crispy.
11. Check the meat is cooked by a visual inspection and/or using temperature probe, it should be above 82°C in the centre.

Savoury Rice

Ingredients

- 1 onion
- 3 mushrooms
- 1/2 red pepper
- 1 tomato
- 1 x 10ml spoon oil
- 150g long grain rice
- 1 x 5ml spoon vegetable stock powder or
- 550 ml boiling water
- 50g peas
- 1 x 10ml spoon curry powder



cube

Method

1. Prepare the vegetables—peel and chop the onion; slice the mushrooms; deseed and dice the red pepper; chop the tomato.
2. Fry the onion in the oil until soft.
3. Add the mushrooms and red pepper and cook for 2 mins.
4. Stir in the rice.
5. Mix the stock powder with the water.
6. Add the stock, peas and curry powder.
7. Simmer for 15 mins until the rice is tender.
8. Serve the rice in a bowl and sprinkle the chopped tomato on top.

Scones

Ingredients

225g Self Raising Flour
2 level tablespoons of caster sugar
50g mixed dried fruit
75g butter
1 egg
4 tablespoons milk



Method

1. Add the flour and sugar to a bowl and rub in the butter until it resembles fine breadcrumbs.
2. Stir in the dried fruit
3. Beat the egg and milk, then add to the flour mix.
4. Mix to form a dough and add more milk, if it is too dry.
5. On a floured work top, roll or press out to 2cm thick and cut scone shapes.
6. Place on a greased baking tray and bake at 220C or gas mark 7 for 12-15 minutes

Sizzling Stir Fry

Ingredients

100g noodles
1 chicken breast
1 clove of garlic
1/2 red chilli
1cm fresh ginger
1/2 red onion
1/2 yellow pepper
3 mushrooms
10ml oil
10ml soy sauce



Method

1. Cook the noodles in boiling water , check the packet for cooking times and instructions.
Drain as required
2. While the noodles are cooking, cut the chicken into strips.
3. Prepare the vegetables:
 - peel and crush the garlic
 - De-seed and slice the chillie
 - Slice the onion, mushroom, and pepper
4. Heat the oil in the wok.
5. Add the onion, garlic, chilli and ginger. Allow to cook for 1 minute.
6. Add the chicken and stir-fry for 3-4 minutes—check it is cooked through and white to the middle.
7. Add the remaining vegetables and soy sauce and cook for a further 2 minutes.
8. Ensure you have drained the water from the noodles, before adding them to the wok. Stir until the noodles are hot.

Summer Pudding

Ingredients

450g fresh or frozen mixed berries
100g caster sugar
30 ml water
5-6 slices of stale white bread



Method

1. Put all the fruit into a saucepan, with the water and sugar.
2. Bring the fruit to the boil, then simmer for about 5 minutes.
3. Cut away the crusts from the bread, then cut all but one slice in half.
4. Arrange the slices in a pudding basin. Press the edges down firmly.
5. Spoon the fruit mixture in the basin, reserving a little juice for serving.
6. Cover with a whole slice of bread, making sure that there are no gaps around the edge.
7. Place a sauce on top then add weight, such as tinned food—this will press everything together.
8. Allow to cool in the fridge overnight.
9. To serve, turn out onto a plate and cut into wedges. Pour over the remaining juice.

Trifle

Ingredients

Trifle sponges 4

Jam

2tbsp custard powder

2 tbsp sugar

Tin fruit



Method

1. Slit 4 trifle sponges in half, spread over a little jam, cut into quarters and put into a container.
2. Slit 4 trifle sponges in half, spread over a little jam, cut into quarters and put into a container.
3. Cover sponges with fruit and juice.
4. Place 2tbsp custard powder and 2tbsp sugar into a jug.
5. Blend a little milk gradually into custard powder to make a smooth paste.
6. Add rest of milk and mix well.
7. Pour into milk pan and bring to the boil, stirring all the time with a spoon.
8. Pour the custard over the sponges and fruit.

Vegetable Curry

Ingredients

1 onion
1 clove garlic
1 large potato
1 x 15ml spoon oil
2 x 15ml spoons curry paste
300ml water
400g can chopped tomatoes
410g can chickpeas (drained)
3 handfuls fresh spinach



Method

1. Prepare the vegetables. Peel and slice the onion; peel and crush the garlic; peel and cut the potato into 1cm cubes.
2. Fry the onion and garlic for 2 mins in the oil.
3. Stir in the curry paste, potato and water.
4. Drain the chickpeas and add to the pan.
5. Add the tomatoes then simmer for 20mins until the potato is tender.
6. Stir in the fresh spinach and cook for a further 2 mins.

Vegetarian Rolls Recipe

Ingredients

320g pack of puff pastry – ready rolled
2 slices of bread
85g cheddar grated
1 onion grated
Fresh sage finely chopped (school to supply)
1 tbsp flour
Salt and pepper
1 egg or milk for glazing and binding



Method

1. Preheat the oven to 220 C
2. Place the bread crumbs, grated cheese, a bowl, grate in the onion, add the finely chopped sage, a pinch of salt and pepper and half the beaten egg mix together well, with hands.
3. Dredge the flour onto your red board and roll your filling into two long sausage, the same width as your pastry.
4. Unroll you pastry and leave it flat on the plastic sheet. Cut it in half length ways.
5. Place the sausage in the middle.
6. Fold the pastry over and seal.
7. Score the top of the sausage roll to create a hole to release the steam.
8. Cut into 4cm lengths and place on the greaseproof paper on the baking tray. Makes 10
9. Glaze
10. Bake for 15 minutes until golden and crispy.
11. Check the meat is cooked by a visual inspection and/or using temperature probe, it should be above 82C in the centre.

Yeast Dough Pizza

Ingredients

Base

300g strong plain flour

½ tsp salt

1 sachet dried yeast

150ml warm water

10ml oil



Toppings

4-5tblsp tomato puree, passata or fresh tomatoes

150g cheese e.g. cheddar, mozzarella

Other toppings of your choice e.g. mushrooms, ham, pineapple, pepperoni

Method

1. Pre-heat the oven to Gas 6/200°C. Grease the baking tray.
2. Put the flour, salt and dried yeast into a mixing bowl and stir with a palette knife.
3. Add the oil and enough warm water to mix together to form a soft dough.
4. Knead the dough on the work surface for 5 minutes then place it back in the bowl. Cover the bowl with a tea-towel and leave for 10 minutes in a warm place.
5. Meanwhile, prepare the other ingredients (e.g. grate cheese, drain and cut up pineapple, chop pepperoni etc.).
6. Roll out the dough and shape.
7. Place the dough on the baking tray.
8. Spread the puree, passata or tomatoes over the base.
9. Add the other toppings and then bake for 20-25 mins.

