Name:
Form:
Class:

GCSE Food Options

Recipe Booklet

Please keep this booklet in a safe place.

Bring it to every lesson.

When cooking, keep it in a protective plastic wallet.

Always Check with the teacher or another member of the class which recipe you are cooking if you are absent for a lesson.

Always bring a suitable container with you to take your product home.

Check with the teacher if there are ingredients which you are not keen on, rather than just leave them out or not cook at all.

Keep this recipe book in a safe place so you can refer to it throughout your GCSE course.

You may not use all of these recipes during the course; some are present simply for reference. There is also space for you to record some of your own recipes at the back.

This document is also available as a PDF from Mr Isaacs and is also in the I drive.

Notes

Contents

Contents	3
Stocks	5
Fish Stock	5
Vegetable stock	5
Chicken Stock	6
Beef or Mutton Stock	6
Sauces	
Plain White Sauce – Roux Method	7
Plain White Sauce – All in One Method	7
Hollandaise Sauce	8
Apple Sauce	8
Proper Custard	9
Mayonnaise	9
Macaroni Cheese	
Cauliflower Cheese	10
Soups	
Carrot and Coriander Soup	
Chilled Tomato and Basil Soup	
Canellini Bean soup with Sizzling Chorizo	
Prawn Bisque	
Yeast mixtures and Quick Breads	
Bread Rolls	
The Ultimate Pizza Sauce	
Pizza	14
Chelsea Buns	
Naan Bread	
Lardy Cake	16
Ciabatta	17
Sodabread	17
Pastry	18
Shortcrust Pastry	
Pate Sucre	
Choux Pastry	19
Flaky Pastry	20
Vol au Vents	20
Suet Crust Pastry	21
Chantilly Cream	21
Pastry Cream (Crème Patisierre)	22
Quiche Lorraine	23
Mince Pies	24
Sausage Rolls	24
Starters and snacks	25
Coronation Chicken Salad	25
Caramelised Shallot & Mushroom Toasts	25
Indian Potato Pancakes	26
Onion Bhajias	26
Vegetable Samosas	
Sauteed Squid with Olive Oil, Parsley and Garlic	
Main Courses	
Sweet and Sour Chicken	28

Kedgeree	29
Honey and Mustard Belly Pork with Prune Rosti	29
Beef Wellington	
Lamb burger with roast garlic and chunky chips	32
Creamy Cardamom Chicken with Chilli Flatbreads	
Cheese and Herb Topped Trout	
Spaghetti Bolognese	
Lasagne	
Pasta Carbonara	
Chicken Tikka Masala	
Chilli	37
Biscuits, Desserts and Cakes	
Shrewsbury Biscuits	38
Viennese Fingers	
Rich Biscuits	39
Shortbread Spirals	39
Melting Moments	40
Chunky Chocolate and Oat Cookies	41
Jammie Dodgers	42
Red Fruit Filo Baskets	43
Apple Strudel	43
Apple Soufflé	44
Choux Buns (Éclairs and Profiteroles)	45
Chocolate Pear Tart	45
Lemon Meringue Pie	46
Normandy Apple Flan	47
Small Cakes	48
All in One Sandwich Cake	48
Victoria Sponge Cake	49
Black Forest Style Swiss Roll	50
Scones	51
Dark Chocolate Brownies	51
Lemon Strawberry Stacks	52
Carrot Cake	
Apple Tart Fine	54
Crème Brulee	54
My Recipes	55
(Some pages for you to record your own recipes)	

Stocks

Fish Stock		
Ingredients	Equipment	
1kg fish bones and skin	Sharp knife	
1 carrot, peeled and roughly chopped	Large saucepan	
1 onion, peeled and quartered	Large spoon / Ladle	
1 stalk celery, roughly chopped		
½ bulb fennel, roughly chopped		
6 black peppercorns		
1 dried bay leaf		
3 fresh parsley stalks		
Oven Temperature: °C / Gas		

Method

- 1. Put all the ingredients into a large pan and cover with water.
- 2. Bring to the boil and skim off any scum that has formed.
- 3. Cover and simmer very gently for 20-30 minutes.
- 4. Strain into a large bowl and allow to cool.
- 5. Use as directed

Vegetable stock		
Ingredients	Equipment	
2 carrots, peeled and roughly chopped	Sharp knife	
2 onions, peeled and quartered	Large saucepan	
2 stalks celery, roughly chopped	Large spoon / Ladle	
½ bulb fennel, roughly chopped		
stalk from a head of broccoli, roughly		
chopped		
2 tomatoes		
8 button mushrooms, halved		
6 black peppercorns		
1 dried bay leaf		
3 fresh parsley stalks		
Oven Temperature: °C / Gas		

- 1. Put all the ingredients into a large pan and cover with water. Bring to the boil.
- 2. Cover and simmer very gently for 20-30 minutes.
- 3. Strain into a large bowl and allow to cool.

Chicken Stock		
Ingredients	Equipment	
bones from a cooked chicken carcass	Sharp knife	
including skin	Large saucepan	
1 carrot, peeled and roughly chopped	Large spoon / Ladle	
1 onion, peeled and quartered		
1 stalk celery, roughly chopped		
6 black peppercorns		
1 dried bay leaf		
3 fresh parsley stalks		
1 sprig fresh thyme		

Oven Temperature: °C / Gas

Method

- 1. Put all the ingredients into a large pan and cover with water. Bring to the boil and skim off any scum that has formed.
- 2. Cover and simmer very gently for 2-3 hours.
- 3. Strain into a large bowl and allow to cool. Chill overnight.
- 4. Skim off any fat that has formed on the surface. Use within 3 days or freeze.

Beef or Mutton Stock		
Ingredients	Equipment	
1kg beef or mutton bones	Sharp knife	
2 carrots, peeled and roughly chopped	Large saucepan	
2 onions, peeled and quartered	Large spoon / Ladle	
2 sticks celery, roughly chopped	Roasting tin X 2	
1 tbsp vegetable oil		
8 peppercorns		
2 dried bay leaves		
3-4 fresh parsley stalks		
1 sprig fresh thyme		

Oven Temperature: 200°C / Gas 6

- 1. Put the bones in a roasting tin and bake until well browned.
- 2. Put the carrot, onion and celery in another roasting tin and toss in the oil. Bake until well browned.
- 3. Put the vegetables and the bones in a large pan and add the peppercorns, bay leaves, parsley and thyme. Cover with water.
- 4. Bring to the boil and skim off any scum that has formed. Cover and simmer very gently for 3-4 hours. From time to time, skim off any scum that forms.
- 5. Strain into a large bowl and allow to cool and chill overnight.
- 6. Skim off any fat that has formed on the surface.

Sauces

Plain White Sauce – Roux Method		
Ingredients	Equipment	
25g plain flour (sieved)	Small pan	
40g butter	Sieve	
425ml Milk	Whisk	
Salt and pepper to season.		
It is possible to substitute the milk with a		
50/50 mix of milk and stock.		

Oven Temperature:

Method

INFO: This recipe makes a sauce suitable for pouring. It is essential not to allow the fat to burn as it will discolour and flavour the sauce. It is also essential to keep stirring this sauce whilst making the roux to avoid lumps. Use this recipe to incorporate vegetables into the sauce that need to be sweated first.

- 1. Gently melt the butter in the pan. Remove from the heat immediately to prevent burning
- 2. Add the flour and mix vigorously to ensure all lumps are removed and smooth paste is formed.
- 3. Return the saucepan to a medium heat and slowly add the liquid to the mix, about 25ml at a time, stirring to prevent any lumps from forming.
- 4. Once all the milk has been added, turn the heat as low as possible and allow to cook for 6-10 minutes.

Plain White Sauce – All in One Method		
Ingredients	Equipment	
25g plain flour (sieved)	Small pan	
40g butter	Sieve	
425ml cold milk	Whisk	
Salt and pepper to season.	Wooden spoon	
It is possible to substitute the milk with a		
50/50 mix of milk and stock.		

Oven Temperature:

Method

INFO: This recipe makes a sauce suitable for pouring. It is not suitable for sauces that require vegetables to be sweated first.

- 1. Place all the ingredients in a saucepan on a medium heat. Whisk until the mix begins to bubble. Once the sauce begins to bubble, stir with a wooden spoon to get into the corners, and then whisk again.
- 2. Turn the heat as low as possible and cook for 6 minutes.

Hollandaise Sauce		
Ingredients	Equipment	
Reduction	Small sauce pan	
2 Tablespoon white wine vinegar (wwv)	Glass bowl	
3 tablespoons water	Whisk	
1 slice onion	Sieve	
1 blade mace		
½ bay leaf		
6 black peppercorns		
Sauce		
1 tablespoon water		
3 egg yolks		
175g butter		
Lemon juice		
Salt and pepper		

Oven Temperature:

Method

INFO: If the mixture begins to curdle, place a fresh egg yolk in a clean bowl, and add the curdled mixture in slowly, whisking between each addition

- 1. Place the reduction ingredients in a sauce pan and heat until reduced to 1 tablespoon.
- 2. Strain the mixture into a bowl and add the tablespoon of water. Whisk in the egg yolks.
- 3. Place the bowl over a pan of barely simmering water, and add the butter approx 10g at a time, whisking thoroughly, ensuring that the butter melts between each addition, and that the mixture has thickened slightly.
- 4. Once the butter has melted in, whisk and cook for a further 2 minutes. Taste and add lemon juice and season as required.

Apple Sauce		
Ingredients	Equipment	
225g eating apple	Apple corer	
225g cooking apples	Sharp knife	
20g caster sugar	Saucepan	
2 tablespoons water	_	
Oven Temperature:		

- 1. Peel, core and slice the apples as thinly as possible.
- 2. Sprinkle with sugar, add the water and cover with a lid.
- 3. Stew until soft and fluffy (approx 20 minutes)
- 4. Beat with a fork to create a puree.
- 5. Serve with roast pork

Proper Custard		
Ingredients	Equipment	
275ml double or single cream, or milk	Mixing bowl	
3 egg yolks	Saucepan	
1 level teaspoon cornflour	Whisk	
1 level tablespoon sugar		
2 drops vanilla essence		

Oven Temperature:

Method

INFO: Yummy!! Proper custard sauce!! Using cream makes a very rich sauce perfect for Xmas Day!

- 1. Heat the cream/milk in a saucepan to boiling point
- 2. While the liquid is heating, beat together the other ingredients.
- 3. Add the hot cream/milk, stirring continuously. Return the mix to the saucepan and heat gently until thickened whilst continually stirring.
- 4. Serve hot or cold

Mayonnaise		
Ingredients	Equipment	
2 large egg yolks	Mixing bowl	
1 clove garlic, crushed	teaspoon	
1 heaped teaspoon mustard powder	Electric whisk/blender	
1 level teaspoon salt		
Black pepper		
275ml oil		
White wine vinegar (wwv)		

Oven Temperature:

Method

INFO: This produces a rich creamy mayonnaise. It is NOT suitable for infants, the elderly, infirm, and pregnant or nursing mums due to the presence of raw egg. It will store for 1 week in the fridge. This method should take no more than 7 minutes!

- 1. Place the egg yolks, garlic, mustard, salt and pepper into a mixing bowl and mix well.
- 2. Pick up the oil in hand and the whisk in the other.
- 3. Add **one** drop of oil into the egg mixture and whisk in. Repeat until the sauce begins to thicken. It is essential that only very small additions of oil are made at the start and thoroughly whisked in to prevent curdling.
- 4. Once half the oil is in, the mixture will have begun to thicken, add a teaspoon of wwv.
- 5. Continue whisking, but this time the oil may be dribbled into the mixture in a slow trickle. Once blended, taste and season further if required.

Macaroni Cheese		
Ingredients	Equipment	
150g Macaroni Pasta	Colander	
500ml milk	Large saucepan	
50g margarine	Wooden spoon	
50g plain white flour	Measuring jug	
½ tsp mustard powder	Small Pan	
Salt and pepper	Chopping board	
100g grated cheese	Small chopping knife	
Tomato to garnish	1 litre ovenproof dish	
Extra margarine to grease the dish	Foil /lid to cover dish	

Oven Temperature: Moderate Grill

Method

- 1. Grease the dish
- 2. Half fill a saucepan with water, bring to the boil and add a pinch of salt.
- 3. Put the macaroni into the pan and cook until al dente
- 4. Meanwhile make a white sauce using the All In One method
- 5. Season the sauce with salt, pepper and the mustard powder.
- 6. Add ¾ of the cheese to the sauce and stir well
- 7. Drain the cooked macaroni, add to the cheese and mix thoroughly
- 8. Put into the dish and sprinkle with the remaining cheese. Brown under a hot grill.
- 9. Garnish with tomato.

Cauliflower Cheese		
Ingredients	Equipment	
50g butter	Colander	
2 cloves garlic, crushed	Large saucepan	
8 sun-dried tomatoes, sliced	Wooden spoon	
1 teaspoon chilli powder	Measuring jug	
50g plain flour	Small Pan	
900ml milk	Chopping board	
175g Cheddar cheese, grated	Small chopping knife	
freshly ground black pepper	1 litre ovenproof dish	
	Foil /lid to cover dish	
For the topping:		
2 tablespoons white breadcrumbs		
1 tablespoon grated parmesan		
Over Temperature Medante Crill		

Oven Temperature: Moderate Grill

- 1. Cut the cauliflower into florets
- 2. Melt the butter in a large saucepan, add the garlic. Cook for 1 minute.
- 3. Add the sun-dried tomatoes & chilli powder, then stir in the flour.
- 4. Stir in the milk, a little at a time & slowly bring the mixture to the boil.
- 5. Add the cheese & stir until it has melted. Season to taste.
- 6. Arrange the cauliflower florets in an ovenproof dish. Pour over the sauce.
- 7. Mix the topping ingredients together, sprinkle over the cauliflower cheese.
- 8. Place under a moderate grill until the topping is golden brown.

Soups

Carrot and Coriander Soup			
Ingredients	Equipment		
1tbs olive oil	Food processor with a grater attachment or		
4 spring onions	hand grater		
350g large carrots	Saucepan		
1 tsp honey	Teaspoon		
1tsp nutmeg	Tablespoon		
Large handful of fresh coriander leaves	Vegetable knife		
Salt and fresh ground black pepper	Hand blender		
450ml Vegetable stock	Chopping board		
2 tbs double cream			

Oven Temperature:

Method

- 1. Warm the stock in a separate pan.
- 2. Finely chop the spring onions
- 3. Grate the carrots using the food processor
- 4. Sautee the spring onions until soft but remain uncoloured
- 5. Add 300g of the grated carrot to the pan with the honey and lemon juice.
- 6. Pour the hot stock into the pan containing the onions and carrots, bring to the boil, and allow to boil vigorously for 5 minutes, or until the carrot is soft.
- 7. Stir in ¾ of the coriander and blend until smooth using the hand blender.
- 8. Add the remainder of the carrot and simmer for 2 further minutes.
- 9. Season using the salt and pepper
- 10. Ladle into warm bowls, garnish by swirling a small quantity of double cream into bowl and sprinkling with coriander leaves.
- 11. Serve with warm bread rolls.

Chilled Tomato and Basil Soup		
Ingredients	Equipment	
4 large ripe tomatoes	Food processor	
1 garlic clove	Teaspoon	
2 spring onions	Vegetable knife	
Large handful of fresh basil leaves	Chopping board	
½ tsp tomato puree		
3 ice cubes		
2 tbsp water		
Salt and fresh ground black pepper		

Oven Temperature:

- 1. Finely chop the garlic and spring onions
- 2. Cut the tomatoes into quarters.
- 3. Reserve ¼ of the basil leaves, and place all ingredients into the food processor and blitz for 30 seconds
- 4. Serve into chilled bowls and garnish with torn basil leaves

Canellini Bean soup with Sizzling Chorizo

Equipment Ingredients 2 tbsp Olive oil Saucepan 25g butter Frying pan 1 small onion Vegetable knife French cooks knife 2 sticks celery 2 garlic cloves Saucepan ½ tsp thyme Measuring jug 1 chicken stock cube dissolved in 450ml hot water Chopping board 400g tin Cannellini beans Hand blender 100g chorizo

Oven Temperature:

Method

1. Drain and rinse the cannelloni beans.

Salt and fresh ground pepper

- 2. Finely chop the onion, celery and garlic.
- 3. Heat 1 the olive oil and the butter in the saucepan. Add the onion, celery and garlic and sautee for 2-3 minutes.
- 4. Stir the thyme into the pan, pour in the stock and add the beans.
- 5. Bring to the boil and reduce the heat and simmer for 5 minutes, reducing slightly.
- 6. Season to taste using the salt and pepper, blitz with the hand blender until smooth.
- 7. Peel and dice the chorizo sausage.
- 8. Heat the remaining oil in a frying pan.
- 9. Add the chorizo to the frying pan and sautee for 3-4 minutes until sizzling and the colour is beginning to bleed from the chorizo into the oil.
- 10. Ladle the blended soup into warmed bowls. Spoon over the sizzling chorizo and serve.

Prawn Bisque		
Ingredients	Equipment	
25g butter	Vegetable knife	
1tbsp olive oil	Scissors	
1 shallot	Hand blender	
1 celery stick	Chopping board	
1 clove garlic	Saucepan x 3	
100g shell on prawns	Sieve	
2 sprigs fresh tarragon	Wooden spoon	
300ml fish stock	_	
100ml double cream	Variation – Can be served as lobster bisque if you	
½ tsp paprika	use lobster instead of prawns.	
Juice of 1 lemon	_	
½ tsp chives		
Salt and fresh ground black pepper		
Oven Temperature:		

- 1. Finely chop the celery, garlic and shallot
- 2. Heat the oil and butter in a pan. Add the celery, garlic and shallot to the sauce pan and sautee for 2 minutes
- 3. Add the shell on prawns, the tarragon and the fish stock. Bring to the boil and boil vigorously for 3 minutes to reduce the stock, then blend to a smooth puree using the hand blender.
- 4. Strain into a clean pan, stir in the cream, paprika and lemon juice. Heat through.
- 5. Serve into warmed bowls and garnish with snipped chives.

Yeast mixtures and Quick Breads

Bread Rolls		
Ingredients	Equipment	
250g Strong plain Flour	Sieve	
½ tsp salt	Mixing bowl	
1 tablespoon vegetable oil	Tablespoon	
1 sachet instant yeast	Small bowl	
125ml warm water	Measuring jug	
	Palette knife	
	Fish slice	
	Wire cooling tray	
	Greased baking tray	
Oven temperature : Gas 8 or 230° C		

Method

- 1. Grease the baking tray and preheat the oven.
- 2. Sieve the flour into the mixing bowl and add the salt. Add the yeast and stir well.
- 3. Put 3tbsp boiling water into the measuring jug and make up to 125 ml with cold water. Add the oil to the mixing bowl.
- 4. Mix well with a palette knife and add the warm water as required. Be careful the mix will take most of the water but not all.
- 5. The soft dough should then be kneaded for 10 mins. Cut the mix into pieces and shape. Place on the tray and leave in a warm place to double in size.
- 6. Bake for 10-15 mins- tap them underneath to see if they are cooked- they will sound hollow and be golden brown.
- 7. Cool on a wire rack.

The Ultimate Pizza Sauce		
Ingredients	Equipment	
3 400g tins whole plum tomatoes	Saucepan	
4 cloves garlic	Sieve	
1 fresh basil plant	Wooden Spatula	
Salt and fresh ground pepper	Mixing bowl	
	Vegetable knife	
	Tin opener	
Oven Temperature:		

- 1. Finely slice the garlic.
- 2. Heat a sauce pan and add the oil.
- 3. Add the garlic and saute for 2-3 minutes
- 4. Coarsely tear the basil and add to the pan along with the tomatoes. Season.
- 5. Once the sauce comes to boil, press through the sieve into the mixing bowl to break up the tomatoes and remove the seeds.
- 6. Place the sauce back into the pan and bring back to the boil and simmer for 5 minutes.
- 7. Remove from the heat, cool and use.
- 8. This mixture will store in the fridge in an airtight container for up to 1 week.

Pizza			
Ingredients	Equipment		
250g Strong plain Flour	Sieve		
½ tsp salt	Mixing bowl		
1 tablespoon vegetable oil	Tablespoon		
1 tsp dried yeast 125ml 5 fl oz warm water	Small bowl		
	Measuring jug		
1 quantity of the Ultimate Pizza Sauce	Rolling pin		
200g grated cheese	Palette knife		
75g mushrooms	Vegetable Knife		
1 small onion	Chopping board		
1 tbsp oil	Pan		
1 can of tuna (optional)	Fish slice		
1 small can pineapple (optional)	Wire cooling tray		

Oven temperature: Gas 7 or 220° C

Method

- 1. Grease the baking tray and preheat the oven.
- 2. Sieve the flour into the mixing bowl and add the salt and dried yeast.
- 3. Put 3tbsp boiling water into the measuring jug and make up to 125 ml with cold water. Add the oil to the mixing bowl.

Greased baking tray

- 4. Pour most of the warm water into the flour and mix well with a palette knife and add more of the warm water as required. Be careful the mix will take most of the water but not all.
- 5. The soft dough should then be kneaded for 10 mins. Roll into required shape. Place on the tray and leave in a warm place while you prepare the topping.
- 6. Peel and chop the onion, wash and slice the mushrooms, open the tuna or pineapple if using and drain.
- 7. Brush the pizza dough with oil, spread the puree- not quite to the edges, sprinkle the toppings neatly, finishing with the cheese and add some mixed herbs if wanted.
- 8. Bake for 20 30 minutes until base is cooked.

Chelsea Buns

Ingredients

250g Strong White Bread Flour

½ tsp salt

25g butter or margarine

25g soft light brown sugar

1 sachet instant yeast

150ml milk

2 eggs

Filling:

25g soft light brown sugar

50g mixed dried fruit

1 tsp ground cinnamon

25g butter or margarine

Glaze:

25g caster sugar

1 tbsp milk

25g butter

25g honey

Equipment

Sieve

Mixing bowl

Tablespoon

Small bowl

Measuring jug

Palette knife

Fish slice

Wire cooling tray

Greased baking tray

Oven Temperature: 200°C / Gas 6

- 1. Mix the flour and salt together in a bowl, rub in fat, stir in sugar and the yeast.
- 2. Warm the milk and beat the eggs.
- 3. Add the milk and eggs and bind to form a dough.
- 4. Turn out onto a lightly floured surface and knead well for 10 minutes by
- 5. Roll out to a 30cm square, brush with melted butter and sprinkle over the fruit, sugar and cinnamon.
- 6. Roll up like a Swiss roll and cut up into 8 slices. Arrange cut-side down on the baking tray and leave in a warm place until the buns have doubled in size.
- 7. Bake for 25-35 minutes until golden brown. Turn out onto a wire rack.
- 8. To make the glaze, melt together the ingredients in a saucepan, bring to the boil stirring continuously and allow to cook for ½-1 minute until the sugar has dissolved. Brush over warm buns.

Naan Bread		
Ingredients	Equipment	
225g strong white flour	Sieve	
½ tsp salt	Small bowl	
1 sachet fast action yeast	Large bowl	
60ml lukewarm milk	Tablespoon	
1 tbsp vegetable oil	Teaspoon	
2 tbsp natural or Greek yoghurt	Rolling pin	
1 egg	Measuring jug	
2tbsp melted butter		

Oven Temperature: 230°C / Gas 8

Info: This is a basic recipe and will give a perfectly good Naan. Experiment by adding herbs, spices and vegetables such as onion or garlic to the mix.

Method

- 1. Cream the yeast with a little of the milk. Add the remainder of the milk, leave for 15 minutes.
- 2. Sieve the flour into a large bowl and add the salt.
- 3. Add the yeast and milk mixture, vegetable oil, yoghurt and egg to the flour and mix until it forms a soft dough.
- 4. Knead for 10 minutes, or until the dough feels smooth. If it feels too dry add a little water.
- 5. Cover the bowl and allow to rise for at least 30 minutes.
- 6. Knead for 2 minutes.
- 7. Divide into 3 balls and pat and shape into teardrops, approx 25cm long, 13cm wide and 5mm thick.
- 8. Preheat the grill to the highest setting
- 9. Bake for 3-4 minutes until puffed up, and then place under the grill until just beginning to brown.
- 10. Brush with the melted butter and serve.

Lardy Cake		
Ingredients	Equipment	
225g strong white flour	Sieve	
½ tsp salt	Rolling pin	
10g lard	Palette knife	
12g caster sugar	Tablespoon	
1 sachet active yeast	Teaspoon	
150ml lukewarm water	Baking tray	
Filling	Mixing bowl	
40g lard	Measuring jug	
40g soft brown sugar		
100g dried mixed fruit		
½ tsp mixed spice		
1-2 tbs caster sugar for glazing		

- 1. Sieve the flour into a bowl. Add the salt and rub in the 10g of lard. Add the yeast and sugar, mix well.
- 2. Add nearly all of the water (too much will make it sloppy!) and mix to a smooth dough.
- 3. Turn out and knead for 5 minutes. Roll out into a rectangle approx 5mm thick.
- 4. Place 20g of the filling lard over the top 2 thirds of the dough, and sprinkle with 20g of the sugar.
- 5. Fold the bottom third up, and the top third down and seal the edges.
- 6. Turn through 90 degrees and repeat.
- 7. Roll out, divide and shape into small buns. Leave to rise for 30-45 minutes.
- 8. Brush with a little vegetable oil and scatter with the caster sugar. Bake until golden.

Ingredients	Equipment	
Starter culture	Measuring jug	
1 sachet fast action yeast	Leakproof tub	
100ml lukewarm water	Mixing bowl	
175g strong flour	Wooden spoon	
Dough	Tablespoon	
1 sachet fast action yeast	Teaspoon	
200ml lukewarm water	-	
2 tbsp milk		
250g strong flour		
1 tsp salt		
2 tbs olive oil		

Oven Temperature: 220°C / Gas 7

Method

INFO: You will need to make your starter culture approx 12 hours in advance, ideally at home, and bring it to school in a sealed tub

- 1. Cream the yeast in a little of the water.
- 2. Sieve the flour into a bowl, and add the yeast and enough of the water to form firm dough. Knead for 5 minutes and seal in a tub and leave for 12-15 hours. This is your starter culture, known as a *biga*.
- 3. Mix the remaining sachet of yeast with a little of the dough water, and then add the remainder. Beat this into the biga, followed by the milk.
- 4. Gradually mix the dough flour into the biga. You will have dough that is very wet.
- 5. Beat in the salt and olive oil, cover and leave to rise until doubled in size.
- 6. Pour half the dough onto a baking tray and shape into loaves approx 2.5cm thick. Leave to rise for 30 minutes.
- 7. Bake for 20-30 minutes.

Sodabread		
Ingredients	Equipment	
225g plain flour	Sieve	
225g wholemeal flour	Teaspoon	
1 tsp salt	Tablespoon	
2 tsp bicarbonate of soda	Measuring jug	
2 tsp cream of tartar	Mixing bowl	
1 tsp caster sugar		
25g butter		
1 pint skimmed milk or buttermilk		

Oven Temperature: 190°C / Gas 5

- 1. Sieve all the dry ingredients into the bowl, tipping any bran into the bowl
- 2. Rub the butter into the flour, and then just enough of the milk/buttermilk to make a soft dough.
- 3. Knead the dough until smooth, and then shape on a baking tray into a large round, approx 5cm thick.
- 4. Make a large cross in the surface of the dough using a wooden spoon.
- 5. Bake for 30-40 minutes until risen and firm. Allow to cool for 5 minutes on the baking tray before transferring to the cooling rack.

Pastry

Shortcrust Pastry		
Ingredients	Equipment	
200g Plain Flour	Sieve	
50g Lard	Mixing bowl	
50g Margarine	Palette knife	
Cold water to mix	Measuring jug	
Pinch of salt	Teaspoon	
Oven Temperature:		

Method

- 1. Sieve the salt and flour into a bowl
- 2. Rub the fat into the flour mixture until the mixture resembles breadcrumbs, and add enough cold water to mix into a dough ball.
- 3. Use immediately or transfer to a fridge

Pate Sucre		
Ingredients Equipment		
150g Plain Flour	Sieve	
100g Margarine	Mixing bowl	
1-2tbs caster sugar	Palette knife	
1 Egg yolk	Measuring jug	
	Teaspoon	
	Table Spoon	
	Fork	

Oven Temperature:

- 1. Sieve the salt and flour into a bowl
- 2. Cut and then rub the margarine into the flour until a sandy texture is formed
- 3. Separate the egg and lightly beat the yolk and sugar together
- 4. Add the egg mix to the flour and form a dough
- 5. Wrap and allow to chill.

Choux Pastry		
Ingredients	Equipment	
60g Strong Flour	Sieve	
50g Margarine or butter	Saucepan	
150 ml water	Greaseproof paper	
2 Eggs	Small bowl	
	Wooden spoon	
Sweet: Teaspoon sugar	Fork	
Savoury: Pinch salt and pepper	Measuring jug	
	Teaspoon	

Oven Temperature:

Method

INFO: You need to "shoot" the flour into the water rapidly, hence the need for folded greaseproof paper. Use salt and pepper for savoury choux buns, and sugar for sweet choux buns (e.g. profiteroles)

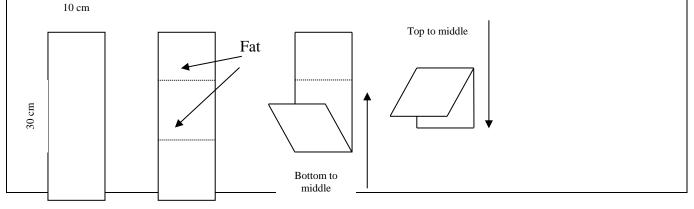
- 1. Fold a square of greaseproof paper into two, and open back out. Sieve the flour onto the greaseproof paper, add the seasoning or sugar.
- 2. Beat the eggs.
- 3. Add the water to the saucepan and cube the fat into the water. Heat on the hob until the fat has melted, and the mixture just begins to boil. Remove from the heat.
- 4. Add the flour in one go and beat vigorously until the mixture becomes a smooth ball of paste that leaves the sides of the saucepan clean.
- 5. Beat the beaten eggs into the mixture a little at a time until you have a glossy paste. The mixture is now ready for use.

Flaky Pastry		
Equipment		
Sieve		
Mixing bowl		
Small Bowl		
Tablespoon		
Measuring jug		

Oven Temperature:

Method

- 1. Mix the fats together on a plate and divide into quarters
- 2. Sieve the flour and salt into a mixing bowl and rub in \(\frac{1}{4} \) of the fat
- 3. Add the lemon juice to the bowl, then enough cold water to make a soft dough
- 4. Roll the pastry out into a rectangle, and divide into thirds. Spread ¼ of the fat 2/3 of the way down the dough rectangle.
- 5. Fold the bottom third up and the top third down. Seal the edges together and give the pastry a quarter turn clock wise.
- 6. Repeat steps 4 and 5 until all the fat is used up.
- 7. Roll out once more without fat. Cover with cling film and place in the refrigerator for 10 minutes.
- 8. Use as directed in recipe.



Vol au Vents		
Ingredients	Equipment	
1 quantity puff/flaky pastry	Rolling pin	
1 egg, beaten	3.5 inch cutter	
Choice of fillings	3 inch cutter	
	Pastry brush	
	Small bowl	
	Fork	
Oven Temperature:		

- 1. Roll out the pastry until it is 5mm/½in thick, then cut out rounds, using a 9cm/3½ in plain cutter. Place the rounds on a dampened baking sheet. Using a 7.5cm/3in plain cutter, cut part way through the centre of each round.
- 2. Prick the inner circle with a fork and brush the outer circle with a little of the beaten egg.
- 3. Bake the rounds for 10 minutes or until well risen and golden brown.
- 4. Carefully remove the centre lids and fill with a filling of your choice.

Suet Crust Pastry

IngredientsEquipment225g SR flourSieve110g shredded suetMixing BowlCold water to mixRound butter knife

Savoury: Salt and pepper to season

Oven Temperature:

Method

- 1. Sieve the flour into a bowl.
- 2. Sprinkle the suet in and season if making savoury pastry
- 3. Sprinkle with some cold water (you will need more than for shortcrust pastry)
- 4. Begin mixing with a round bladed knife.
- 5. As the dough comes together, use to hands to form a smooth elastic dough that leaves the bowl clean.
- 6. Leave to rest for 5 minutes and then use immediately

Chantilly Cream	
Ingredients	Equipment
284 ml whipping or double cream	Mixing bowl
1 tbs icing sugar	Measuring spoons
½ tsp vanilla essence	Electric whisk
Oven Temperature:	

- 1. Place all the ingredients into a bowl
- 2. Whip the cream until it forms soft peaks
- 3. Chill

Pastry Cream (Crème Patisierre)

Ingredients
4 egg yolks
65g caster sugar
15g plain flour
15g cornflour
350ml whole milk
½ tsp vanilla essence
icing sugar, for dusting

Equipment
Mixing bowl
Measuring spoons
Balloon whisk
Saucepan

Oven Temperature:

- 1. In a large mixing bowl, whisk together the eggs and sugar until they turn a pale blonde colour. Whisk in the flour and cornflour and set aside.
- 2. Place the milk and vanilla syrup or vanilla bean paste in a heavy-bottomed saucepan, bring to a gentle simmer, stirring frequently. Remove the pan from the heat and let cool for 30 seconds.
- 3. Slowly pour half of the hot milk onto the egg mixture, whisking all the time, then return the mixture to the remaining milk in the pan. It is important to slowly pour the hot milk onto the cold eggs before you return the mixture to the pan to prevent the eggs from scrambling.
- 4. Bring the mixture back to the boil and simmer for one minute, whisking continuously, or until smooth.
- 5. Pour the cream into a clean bowl and dust with icing sugar to prevent a skin forming. Cool as quickly as possible, by sitting the bowl of pastry cream in another larger bowl of ice water. When cooled, refrigerate until needed.

Quiche Lorraine		
Ingredients	Equipment	
Pastry	Sieve	
100g Plain Flour	Mixing bowl	
25g Lard	Tablespoon	
25g Margarine	Palette knife	
Cold water to mix	Measuring jug	
Pinch of salt	Fork	
	Chopping board	
Filling	Wooden spatula	
125ml Milk	Frying pan	
2 eggs	Small chopping knife	
Pinch salt and pepper	Grater	
50g bacon	Kitchen scissors	
50g grated cheese	Baking tray	
50 g mushrooms	18cm (7") Flan tin or flan ring.	
1 tomato		
Sprig parley to garnish		

Oven Temperature: Gas 5 or 190°C

Method

INFO: This flan is very good if made using wholemeal flour, or a 50/50 mixture of wholemeal and white flour. Try to ensure you use a metal tin for the best results.

- 1. Grease the flan tin or flan ring and baking sheet
- 2. Make the pastry as described in the shortcrust pastry recipe. Line the flan tin/ring
- 3. Cut the rind off the bacon and cut into small pieces. Fry for a few minutes in a frying pan.
- 4. Wash and slice the mushrooms and add to the frying pan and fry until soft.
- 5. Grate the cheese.
- 6. Put the bacon, cheese and mushrooms into the lined flan dish. Beat the egg and milk together, and season with salt and pepper. Pour into the flan dish.
- 7. Slice the tomato and carefully place on top of the flan.
- 8. Bake for 30-40 minutes until golden brown and firm to the touch.

Mince Pies		
Ingredients	Equipment	
Shortcrust Pastry	Sieve	
200g Plain Flour	Mixing bowl	
50g Lard	Palette knife	
50g Margarine	Measuring jug	
Cold water to mix	Teaspoon	
Pinch of salt	Pastry brush	
Filling	7.5cm and 6cm fluted pastry cutters	
400g mincemeat	Kitchen scissors	
For the top	Greased bun tray	
A little milk		
Icing sugar to dust		

Oven Temperature: Gas Mark 6 or 200°C

Method

INFO: This is a suggested recipe. You are advised to experiment with this recipe

- 1. Make the shortcrust pastry, and divide the pastry into two equal portions.
- 2. Dust the surface with flour and then roll one pastry portion out to about 3mm thick and cut 12 rounds using the 7.5cm cutter. Transfer the rounds to the bun tin. Reroll the scraps as necessary.
- 3. Fill each base with mincemeat to the level of the pastry.
- 4. Dust the surface with flour and then roll the other pastry portion out to about 3mm thick and cut 12 rounds using the 6cm cutter. Reroll the scraps as necessary.
- 5. Dampen the edges of the small pastry rounds with water and press lightly into position to form lids and seal the edges.
- 6. Brush each lid with milk and make a couple of snips using the scissors.
- 7. Bake for 20-25 minutes until golden brown.
- 8. Cool and dust with icing sugar

Sausage Rolls		
Ingredients	Equipment	
200g Strong plain flour	Sieve	
75g Margarine (cold)	Mixing bowl	
75g Lard (cold)	Small Bowl	
½ tsp lemon juice	Tablespoon	
Approx 8 tbsp cold water	Measuring jug	
Pinch salt	Fork	
200g Sausage meat / vegetarian alternative	Fish slice	
1 egg (beaten) to glaze)	Cooling rack	
	Baking tray	
Oven Temperature: Gas 7 or 220°C		

- 1. Make the pastry as described in the flaky pastry recipe and allow to rest.
- 2. Roll out into a rectangle, mould the sausage meat into a long roll and place down the length of the pastry.
- 3. Brush one edge of the pastry with water and fold the other edge over to cover the sausage meat, then seal and trim the edges.
- 4. Cut into 6 evenly sized pieces, flake the edges and place on a greased baking tray.
- 5. Glaze with the beaten egg and bake until pastry is golden brown.
- 6. Remove from oven, temperature check and allow to cool.

Starters and snacks

Coronation Chicken Salad		
Ingredients	Equipment	
200g new potatoes	Frying pan	
4 spring onions	Sharp knife	
½ tbsp white wine vinegar	Saucepan	
1 tbsp extra virgin olive oil	-	
salt and freshly ground black pepper		
150g mayonnaise		
25g mild curry paste from a jar		
½ tbsp sultanas		
2 chicken breasts		
1 tbsp fresh coriander leaves		
1 bag watercress or ready mixed salad		

Method

- 1. Place the potatoes into a pan of boiling water and boil until tender.
- 2. slice and fry the chicken breasts. Remove from the pan and allow to cool
- 3. Drain and allow to cool just enough to be able to handle without burning your hands.
- 4. Cut the potatoes into quarters and place into a bowl with the spring onions, vinegar and oil, and mix together well. Season to taste with salt and freshly ground black pepper.
- 5. Place the mayonnaise and curry paste into a clean bowl and mix together well.
- 6. Once the potatoes have cooled add the curried mayonnaise and the sultanas. Mix well.
- 7. Add the chicken slices and coriander leaves and stir in gently to combine.
- 8. To serve, place a handful of watercress / mixed salad onto each plate and spoon a generous portion of coronation chicken on top

Caramelised Shallot & Mushroom Toasts		
Ingredients	Equipment	
4 shallots	Oven	
1 tbps olive oil	Pastry brush	
1 clove garlic	Palette knife	
Salt and pepper	Large mixing bowl	
1 tsp caster sugar	Muffin tin	
100g chestnut mushrooms	Tablespoon	
Knob of butter		
Splash sherry vinegar		
Handful flat parsley		
Slice of rustic white bread		

- 1. Peel and finely chop the onions, and saute with the olive oil, garlic and seasoning until beginning to soften.
- 2. Chop the parsley.
- 3. Add the sugar, stir and increase the heat until the shallots are lightly caramelised.
- 4. Add the mushroom and a knob of butter. Fry until the mushrooms are just beginning to brown, splash in the sherry vinegar and check the seasoning. Cook out the liquid, discard the garlic and toss in the parsley.
- 5. Toast the bread, and place onto a warm plate. Spoon on the shallots and drizzle with a little more olive oil if required. Serve

nent
on
ble knife
ble peeler
poon
bowl
al F

Oven Temperature: °C / Gas

Method

- 1. Beat the egg white.
- 2. Finely chop the spring onion.
- 3. Grate the potatoes, and squeeze dry
- 4. Place the grated potatoes into a bowl, and combine the egg whites and seasoning.
- 5. Drop tablespoons of the mixture into a hot frying pan, and flatten using the back of the spoon. Cook for 2-3 minutes before turning and cooking for a further 2-3 minutes.
- 6. Drain and serve with the Indian pickles and chutneys.

Onion Bhajias		
Ingredients	Equipment	
225g gram flour	Sieve	
½ tsp chilli powder	Mixing bowl	
1 tsp turmeric	Tablespoon	
1 tsp baking powder	Teaspoon	
½ tsp of each: nigella, fennel, cumin, onion	Wooden spoon	
seeds	Deep fat fryer	
2 large onions	Sharp knife	
2 green chillies		
50g fresh coriander		
Water to mix		
Over Temperature 9C / Cas		

Oven Temperature: °C / Gas

- 1. Thinly slice the onions into rounds, and finely dice the chillies
- 2. Sieve the dry ingredients into a large mixing bowl.
- 3. Add the onion seeds, onion slices, chillies and fresh coriander to the bowl.
- 4. Add enough cold water to make a thick batter.
- 5. Place spoonfuls of the mixture into a deep fat fryer and fry until golden brown.
- 6. Remove, drain and serve.

Vegetable Samosas		
Ingredients	Equipment	
14 sheets filo pastry	Chopping board	
3 potatoes	Sharp Knife	
75g frozen peas	Mixing bowl	
50g sweet corn	Saucepan	
1 tsp ground coriander	Masher	
1 tsp ground cumin		
2 green chillies		
2 tbs fresh coriander leaves		
2 tbs fresh mint leaves		
Juice 1 lemon		

Oven Temperature: 200°C / Gas 6

Method

- 1. Boil and mash the potatoes
- 2. Place all the filling ingredients into a large owl and mix together. Season using salt and the lemon juice
- 3. Place 1 tablespoon of the filling at one end of the filo, and fold diagonally over. Continue until a perfect triangular pocket has been formed.
- 4. Brush with a little oil and bake for 10-15 minutes, until golden brown.

Sauteed Squid with Olive Oil, Parsley and Garlic		
Ingredients	Equipment	
225g squid	Chopping board	
1 garlic cloves, finely chopped	Sharp Knife	
1 tbs olive oil	Frying pan	
a pinch of crushed dried chilli		
1 tbsp fresh parsley, roughly chopped		
juice of ¼ lemon		
salt and freshly ground black pepper		
lemon wedges, to serve		
Oven Temperature: 200°C / Gas 6		

- 1. Clean the squid and cut the body section into rings.
- 2. Quickly fry the garlic in hot olive oil and add the squid just as the garlic is beginning to brown.
- 3. Add the seasoning and a pinch of chilli.
- 4. Turn over and saute for 2-3 minutes.
- 5. Add the parsley and lemon juice.
- 6. Serve with more lemon wedges and chips.

Main Courses

Sweet and Sour Chicken

Ingredients

1 tbsp vegetable oil*

1 medium onion

2 medium chicken breast – fresh (raw) or quorn or 500g diced mutton or beef

1 red pepper

1 small can pineapple in juice

1 tablespoon soy sauce

1 tablespoon sugar

2 tbsp tomato puree

1 tbsp cornflour

1 tsp chinese 5 spice powder- optional*

Optional

Mushroom or other vegetables

Equipment

Chopping board

Vegetable knife

Tablespoon

Pan jug

Wooden spatula Garlic crusher

Tin opener

Ovenproof dish to take it home in

Oven temperature: N/A

Method:

- 1. Finely chop the onion and fry with the oil until soft. Add the garlic, and chicken (sliced or chopped) and stir until cooked.
- 2. Prepare all of the other vegetables and sauté gently for 3-4 mins.
- 3. Sauce
- 4. Drain the pineapple juice into a jug and make up to 250ml with water
- 5. Add the rest of the sauce ingredients except the cornflour and blend until smooth-
- 6. Then add the sauce to the pan with the pineapple pieces and simmer gently until the vegetables are soft and the meat is thoroughly cooked-season with salt and pepper if wanted.
- 7. Then put cornflour into a small bowl, and add cold water to make a smooth paste- then slowly add to sauce, until thickness correct- it may not take it all
- 8. Place into container to take home and put in the fridge.

This sauce must be thoroughly reheated before it is served.

Kedgeree

Ingredients

475g undyed smoked haddock fillet, cut in half

2 bay leaves

200g basmati rice, rinsed in cold water and drained

4 free-range eggs

100g frozen peas (optional)

40g butter

1 tbsp sunflower oil

1 onion, finely chopped

1 heaped tbsp medium curry powder

3 tbsp double cream

3 tbsp chopped fresh parsley

½ lemon, juiced

freshly ground black pepper

Equipment

Oven Temperature: N/A

Method

- 1. Place the haddock in a large frying pan, skin-side up. Pour over 500ml/17fl oz water, add the bay leaves and bring the water to a gentle simmer. Cook the fish for 8-10 minutes until it is just done and flakes easily. Drain in a colander set over a bowl, reserving the cooking liquor, and discard the bay leaves.
- 2. Pour the cooking liquor into a medium saucepan and stir in the rice. Cover with a lid and bring to the boil. Reduce the heat and simmer the rice very gently for 10 minutes. Turn off the heat and leave the rice covered for 3-5 minutes more. By this time it should have absorbed all the fish liquor.
- 3. While the rice is cooking, bring some water to the boil in a medium pan. Add the eggs and cook for eight minutes. Drain them in a sieve under cold running water and when cool enough to handle, peel them carefully and set aside. Cook the peas, if using, in a small pan of boiling water and drain.
- 4. Melt the butter with the oil in a large pan and cook the onion over a low hear for five minutes until well softened, stirring occasionally. Add the curry powder and cook for another 3 minutes, stirring constantly. Place the cooked rice into the pan and stir in the onions. Add the peas, cream, parsley and a few twists of ground black pepper.
- 5. Flake the fish into chunky pieces and add these to the pan. Gently stir the lemon juice and cook for 1-2 minutes. Cut the eggs into quarters and place them on the rice. Cover the pan with a lid and heat through for 2-3 minutes or until the eggs are warm, then serve.
- 6. If not serving immediately, tip the kedgeree into a warm dish and dot with a few cubes of butter. Cover with foil and keep warm in a low oven for up to 20 minutes before serving.

Honey and Mustard Belly Pork with Prune Rosti

Ingredients Equipment

2 slices belly pork 3in Chef Ring salt and freshly ground black pepper Grater Frying Pan 2 tbsp honey 25g/1oz butter Baking tray **English Mustard** Mixing bowl Tablespoon For the rösti 1 medium Estima potatoes, peeled 1 apple, peeled 2 tbsp crème fraîche 2 free-range egg yolks 2 prunes, stones removed 25g/1oz butter

Oven Temperature: 210°C / Gas 7

- 1. Season the pork and brush with mustard and then the honey.
- 2. Heat a frying pan until hot and add the butter. When foaming, add the pork. Sear on each side until golden brown.
- 3. Place in the oven and cook for 8-10 minutes until just cooked through juices will run clear when pierced when the pork is cooked.
- 4. Remove from the oven and rest for five minutes.
- 5. To make the rösti, grate the potato and apple on a large grater into a tea towel.
- 6. Twist the tea towel around and squeeze out any water and starch.
- 7. Place the dry potato mix into a bowl and add the créme fraîche and egg yolks.
- 8. Season with salt and freshly ground black pepper.
- 9. Fill a 3in chefs' ring halfway with the potato mix. Place a prune on top.
- 10. Fill to the top with the remaining potato mix and press down firmly.
- 11. Heat a frying pan until hot and add the butter. Place the rösti into the pan. Remove the ring and cook the rösti for 2-3 minutes on either side until golden brown and crisp.
- 12. Serve the rösti with the belly pork.

Beef Wellington

Ingredients Equipment 1 large beef steak, approx 200g weight Frying pan 15g butter Baking tray Vegetable knife 1 onion 75g/ mushrooms, Rolling pin 100g puff pastry **Tablespoon** 30g smooth pâté Saucepan X2 Small mixing bowl 1 egg, lightly beaten salt and freshly ground black pepper Measuring jug 4 new potatoes 2 fresh carrots

Oven Temperature: 200°C / Gas 6

Method

1 beef stock cube 1 tablespoon cornflour

1. Season the beef well with pepper.

Melt the butter in a non-stick frying pan, add the beef and seal the outside, remove from the pan, place on a baking sheet and cook for 20 minutes, then cool.

- 2. Finely chop the onions and mushrooms Add the onions and mushrooms to the frying pan and fry for 5-6 minutes, or until all the moisture has evaporated. Season well.
- 3. Roll out the pastry to a rectangle big enough to cover the whole fillet. Place the fillet in the centre of the pastry, spread over the pâté then spoon over the mushroom mixture.
- 4. Trim off the corners of the pastry, brush the edges of the pastry with some beaten egg and wrap around the fillet to enclose.
- 5. Place the wrapped fillet, join side down, on a lightly oiled baking sheet, decorate with leaf shapes made from the remaining pastry, brush with any remaining egg then cook for 20 minutes until the pastry is golden.
- 6. Scrub the potatoes and simmer for 10-15mins until tender.
- 7. Slice the carrots on the diagonal into slices approx 10mm thick and simmer gently for 5 minutes.
- 8. Reserve 200ml of the carrot cooking water. Dissolve the stock cube into the water.
- 9. Pour 2 tablespoons on the water into the small mixing bowl and dissolve the cornflour. Add this back to the liquid and cook until the stock has thickened.
- 10. Serve

Lamb burger with roast garlic and chunky chips

Ingredients

200g minced lamb

crushed black peppercorns

6 cloves garlic 1 tbs thyme

150ml/½ pint water

olive oil

1 bay leaf

1 tbsp chopped mint

25g unsalted butter, cut into small cubes salt and freshly ground black pepper

For the chunky chips 2 large white potatoes

1 tbsp of olive oil

Equipment

Frying pan Mixing bowl

Vegetable peeler

Cooks knife

Measuring jug

Saucepan Whisk

Oven Temperature: 200°C / Gas 6

- 1. For the chips, chop the potatoes into thick 2cm batons, coat in oil and sprinkle with rosemary.
- 2. Cook in the oven for 25 minutes, turning occasionally.
- 3. Poach the garlic, thyme and bay leaf in the water for about 15 minutes or until the garlic is tender.
- 4. Remove the garlic and reserve. Strain the liquid and keep for later.
- 5. Shape the lamb into two 'burgers' and coat them all over with crushed pepper.
- 6. In a hot frying pan with a little oil, sear the burgers with the garlic cloves for two minutes on both sides.
- 7. Lower the heat and cook for a further minute on each side, depending on how rare you like your meat.
- 8. Remove the burgers and browned garlic and keep warm.
- 9. Pour the garlic liquid into the lamb pan (there should be about 60ml).
- 10. Add the mint and butter and whisk to emulsify.
- 11. Put the lamb and garlic on a warm plate, season and top with the sauce.
- 12. Serve with a leafy salad and chunky chips.

Creamy Cardamom Chicken with Chilli Flatbreads

oreally dardamon officient with offin Flatoreads	
Ingredients	Equipment
2 tbs sunflower oil	Frying pan
225g Skinless chicken breast	Cooks knife
1 red onion	Mixing bowl
2 cloves garlic	Small bowl
½ tsp ground cardamom	Measuring jug
1 tsp ground turmeric	Teaspoon
1 tsp ground coriander	Lemon zester
½ tsp ground ginger	Lemon juicer
1 chicken stock cube	Tablespoon
200ml double cream	Kettle
1 lemon	
150g plain flour	
1 tsp olive oil	
2 tsp chilli flakes	

Oven Temperature:

- 1. Zest the lemon. Place the zest into the mixing bowl.
- 2. Juice the lemon and place the juice into the small bowl.
- 3. Place the flour into a mixing bowl, add the chilli flakes and olive oil. Add approximately 4 tablespoons of water to bind the mixture together.
- 4. Shape the dough into a ball and cut into two. Roll each half into a circle approx 10cm in diameter.
- 5. Place into a heated frying pan and cook for 1 minute on each side.
- 6. Finely slice the onion and chop the garlic.
- 7. Dissolve the stock cube in 100ml boiling water
- 8. Heat the frying pan with two tablespoons sunflower oil and add the chicken. Sauté for 2 minutes.
- 9. Add the onions and garlic and fry for a further two minutes until golden.
- 10. Add the spices to the chicken, onions and garlic, cook for a further 2 minutes.
- 11. Add the stock, lemon juice and cream to the pan. Cook for a further 3 minutes until the sauce has reduced and thickened slightly.
- 12. Serve into bowls with the flatbreads alongside.

Cheese and Herb Topped Trout

Ingredients	Equipment
50g fresh white breadcrumbs	Mixing bowl
50g Lincolnshire Poacher Cheese, finely grated	Tablespoon
25g Pine nuts, chopped	Grill pan
1 tbsp fresh parsley	Sauce pan
1 tbsp fresh coriander	Grater
2 tbsp olive oil	
One whole trout, or two trout fillets	

Oven Temperature:

Method

40g butter
2 lemons
6 new potatoes
100g asparagus
100g baby carrot

- 1. Preheat the grill
- 2. Combine the breadcrumbs, cheese, pine nuts and herbs. Add the oil to bind it.
- 3. Fillet the trout, and cut the two fillets into two strips.
- 4. Press the breadcrumb mixture on the top of each strip of fillet.
- 5. Juice one of the lemons
- 6. Grease the grill pan using a little butter. Melt the rest with the lemon juice.
- 7. Place the fillets into the grill pan and pour the lemon butter over the fillets.
- 8. Grill for 10 minutes, or until the fillets are cooked.
- 9. Gently simmer the asparagus, potatoes and carrots until cooked. The carrot and asparagus should retain some bite.
- 10. Cut the remaining lemon into wedges
- 11. Serve onto a plate and garnish with lemon wedges.

Spaghetti Bolognese

Spagnota 2010gnote		
Ingredients	Equipment	
250g minced beef	Chopping board	
2 tbsp vegetable oil	Vegetable knife	
1 medium onion	Tablespoon	
1 clove garlic	Pan	
1 red pepper	Kettle	
1 400g can tomatoes	Wooden spatula	
2 tbs tomato puree	Garlic crusher	
½ tsp dried mixed herbs	Tin opener	
1 beef stock cube		
Optional	Oven proof dish with a lid to take it home in	
2 rashers bacon or 100g mushroom		

- 1. Finely chop the onion and fry with the oil until soft.
- 2. Add the garlic, and bacon if using, and stir until cooked
- 3. Add the mince and stir thoroughly until the mince is brown and **no lumps remain**
- 4. Prepare all the other vegetables, and make the stock using 250ml of boiling water
- 5. Add the other vegetables and sauté gently for 3-4 minutes
- 6. Add the stock, tomatoes and herbs if using. Cook for 20-25 minutes and then add the puree and season with salt and pepper if wanted.

Lasagne

Ingredients

175g lasagne sheets

1tbsp oil

Cheese Sauce

375ml milk

25g margarine

25g flour

½ teaspoon mustard powder

100g cheddar cheese

salt and pepper

Meat Sauce

250g lean beef mince

2 rashers bacon, finely chopped

1tsp basil

1 small onion, finely chopped

1 clove garlic

1 tin tomatoes

2 tablespoons tomato puree

1 beef OXO cube − ¼ pint boiling water

1 tbsp oil

Equipment

Chopping board Chopping knife

Chopping knife

Wooden spatula

Wooden Spoon

Tablespoon

Teaspoon

Measuring jug

Fork

Large pan

Small pan Baking tray

Oven proof dish

Tin foil

Oven Temperature: Gas 6 or 200°C

- 1. Put the oil in a large pan, then gently soften the onion, bacon and garlic for 5 minutes
- 2. Add the mince and brown, keep the ingredients on the move.
- 3. When the mince has browned add the tinned tomatoes, tomato puree, stock, basil and salt and pepper.
- 4. Simmer gently for approx 30 minutes
- 5. Make the cheese sauce using the all in one method. Add the cheese once the sauce has thickened. Keep some grated cheese back for garnish.
- 6. Cover the base of the dish with a layer of the meat sauce (approx 1/3 of the sauce)
- 7. Arrange a layer of lasagne over the meat sauce, and pour approx 1/3 of the cheese sauce over the lasagne. Repeat twice more finishing with a layer of cheese sauce.
- 8. Sprinkle with the remaining grated cheese.
- 9. Bake in the oven for approx 30 minutes until golden brown.

Pasta Carbonara

Ingredients
25g plain flour (sieved)
S
40g butter

40g butter 425ml Milk

½ teaspoon mustard powder

Salt and coarse ground pepper to season.

1 onion 100g mushrooms

5 slices cooked ham/vegetarian alternative

400g pasta

200g grated cheese

1 bag ready salted crisps, crushed.

Equipment

Small pan Plate

Sieve

Whisk Frying pan

Colander

Large saucepan Wooden spoon Measuring jug

Chopping board

Small chopping knife 1 litre ovenproof dish

Foil /lid to cover dish

Oven Temperature:

- 1. Half fill a saucepan with water, bring to the boil and add a pinch of salt.
- 2. Put the pasta into the pan and cook until al dente
- 3. Wash and chop the mushrooms and the onion.
- 4. Fry the onions and mushrooms until soft. Remove from the heat and place on a plate
- 5. Make a white sauce using the Roux method, and season using the salt, coarse ground black pepper and mustard.
- 6. Add in 100g of the grated cheese to the sauce and stir until melted.
- 7. Add the ham, mushrooms and onions to the sauce. Stir until mixed.
- 8. Drain the pasta thoroughly.
- 9. Mix the pasta and sauce together in the oven proof dish.
- 10. Sprinkle the top with 100g grated cheese and the crushed crisps.
- 11. Place under a hot grill

Chicken Tikka Masala		
Ingredients	Equipment	
675g skinless chicken breast	Sharp knife	
6 tbs tikka paste	Frying pan	
120ml natural yoghurt	Food processor	
1 tbs oil	Tablespoon	
1 onion	Teaspoon	
1 garlic clove	Measuring jug	
1 chilli	Kebab skewers	
2.5cm fresh ginger		
1 tbs tomato puree		
250ml water		
Melted knob butter		
1 tbs lemon juice		
Naan bread to serve		
Coriander leaves to garnish		

Oven Temperature: °C / Gas

Method

1-2 tbs natural yoghurt to garnish.

- 1. Trim any fat from the chicken, and cube into 2.5cm cubes. Add 3 the of the tikka paste and half the yoghurt into a bowl with the chicken, mix and leave for 20 minutes.
- 2. Finely dice the onion and chilli, crush the garlic, grate the ginger and fry in the oil for 5 minutes. Add the remaining tikka past and fry for a further 2 minutes.
- 3. Add the tomato puree and water. Simmer for 15 minutes.
- 4. Thread the chicken on kebab skewers, brush with the butter and grill for 15 minutes under a medium heat. Remove from the skewers
- 5. Blend the tikka sauce from the frying pan in a food processor until smooth. Return to the frying pan.
- 6. Add the remaining yoghurt, lemon juice and the chicken. Simmer for 5 minutes.
- 7. Serve on the naan bread and garnish with the coriander.

Chilli	
Ingredients	Equipment
250g Minced beef	Chopping board
2tbs vegetable oil	Vegetable knife
1 medium onion	Tablespoon
1 clove garlic	Pan
1 green pepper	Kettle
1 400g can tomatoes	Wooden spatula
2 tbs tomato puree	Garlic Crusher
1 beef stock cube	Tin opener
1 small can kidney beans or baked beans	
1 tsp chilli powder	Ovenproof dish with a lid to take it home

- 1. Finely chop the onion and garlic and fry with the oil until soft. Add the bacon, and stir until cooked
- 2. Add the mince and stir thoroughly until the mince is brown and **no lumps remain**
- 3. Prepare all the other vegetables, and make the stock using 250ml of boiling water
- 4. Add the other vegetables and sauté gently for 3-4 minutes
- 5. Add the stock, tomatoes and herbs if using. Cook for 20-25 minutes and then add the puree and beans and season with salt and pepper if wanted. Cook for a further 10 minutes

Biscuits, Desserts and Cakes

Shrewsbury Biscuits		
<u>Ingredients</u>	Equipment	
200g SR Flour	Sieve	
100g margarine (cold)	Mixing bowl	
100g sugar	Tablespoon	
2 tablespoon dried fruit	Small bowl	
1 egg	Fork	
	Fish slice	
	Wire cooling tray	
	Greased baking tray	

Oven temperature: 180°C, Gas 4

Method:

- 1. Preheat oven and grease a baking tray.
- 2. Put sugar and flour into a large bowl and rub in margarine.
- 3. Stir in fruit and egg to form a soft dough.
- 4. Roll out and use a cutter to shape.
- 5. Bake for 15 mins until golden brown.

Viennese Fingers		
<u>Ingredients</u>	Equipment	
175g SR Flour	Sieve	
175g margarine (cold)	Mixing bowl	
50g sugar (caster)	Tablespoon	
Few drops vanilla essence- optional	Small bowl	
Jam to sandwich together (optional)	Fork	
	Fish slice	
	Wire cooling tray	
	Greased baking tray	

Oven temperature : 160° C, Gas 3

Method:

- 1. Preheat oven and grease a baking tray
- 2. Cream fat and sugar thoroughly and then stir in flour and essence
- 3. Place the mixture into a piping bag with a star nozzle and pipe into 3 " lengths onto the baking tray

Bake for approx 20 mins until golden brown

To finish

You can then sandwich together with jam and dip the ends in chocolate if you wish.

Rich Biscuits	
Ingredients	Equipment
225g SR Flour	Jug
100g Sugar	Tablespoon
100g Margarine	Mixing bowl
2tbs Lemon Juice	Cutter
1 Egg	Baking tray
	·

Oven temperature: 180°C Gas 4

Method:

- 1. Beat the egg
- 2. Rub the fat into the flour and add the sugar
- 3. Add the lemon juice and sufficient egg to make a stiff dough
- 4. Dust a surface with flour and roll out to 5mm thickness
- 5. Cut out using a 7.5cm cutter and bake for 15 minutes

Shortbread Spirals		
<u>Ingredients</u>	Equipment	
2tbs Cocoa	Mixing bowl x2	
1 tbs boiling water	Baking tray	
200g butter	Rolling pin	
300g plain flour	Flour dredge	
100g caster sugar	-	
½ tsp vanilla essence		

Oven temperature: 160°C Gas 3

- 1. Mix the cocoa and boiling water together with boiling water until smooth.
- 2. Cut the butter into small pieces put in mixing bowl with flour and sugar. Rub the butter into the flour mixture with your finger tips to make bread crumbs.
- 3. Spoon half the mixture into the second bowl, add the cocoa paste to one and add the vanilla to the other.
- 4. Mix together with your hands until it forms an evenly coloured dough. Wash hands and repeat with the remaining mixture and vanilla.
- 5. Roll out the cocoa to make a 20cm square
- 6. Do the same with the vanilla dough.
- 7. Put the cocoa dough on top of the vanilla dough roll up the double dough mixture. Chill for 15 mins
- 8. Cut the roll into 16 thick slices place on an ungreased baking sheet cook for 8-10 mins. Then place on a cooling rack.

Melting Moments

IngredientsEquipment125g butterLarge mixing bowl125g caster sugarScales1 eggMeasuring spoons175g self-raising flourWooden spoon50g rolled oats2 baking sheets6 glace cherriesGrater

Plate Sharpe knife Fish slice Cooling rack

Oven temperature :180 ° C

Method:

- 1. Put the butter and sugar in the mixing bowl and beat with the wooden spoon until fluffy and light.
- 2. Add egg and orange rind then flour. Mix until smooth.
- 3. Put oats on the plate.

Grated rind of half orange

- 4. Shape the cookie mixture into 24 balls with you hands then roll the balls in the oats.
- 5. Put the cookies onto an oiled baking tray leaving a little room for the spreading during cooking. Cut the cherries into 4 and press one into each cookie.
- 6. Bake for 12-15 mins until lightly brown leave to cool and harden the transfer onto cooling rack.

Chunky Chocolate and Oat Cookies

, cracerate and care control		
<u>Ingredients</u>	Equipment	
100g dark chocolate	Mixing bowl	
100g white chocolate	Rolling pin	
125g butter	Wooden spoon	
125g soft brown sugar	2 baking sheets	
1 egg	Scales	
125g wholemeal self-raising flour	Measuring spoons	
1tbsp cocoa power	Fish slice	
50g porridge oats	Cooling rack	

Oven temperature :180 ° C

- 1. Cut chocolate into rough pieces.
- 2. Put butter and sugar into mixing bowl and beat together with wooden spoon until light and fluffy.
- 3. Add egg, flour, cocoa powder and oats and mix until smooth.
- 4. Stir in chocolate pieces.
- 5. Scoop mixture on to oiled tray and leave room for spreading during cooking.
- 6. Bake for 10-12 mins.
- 7. Leave to harden for 1-2 mins then using the fish slice transfer to cooling rack.

Jammie Dodgers

Ingredients Equipment 200g plain flour Large mixing bowl 25g custard powder Scales 50g caster sugar Measuring spoons 150g butter 2 baking sheets Round bladed knife 1 egg yolk 4 tbsp raspberry seedless jam Plate Sifted icing sugar to decorate Rolling pin 8cm cookie cutter 5cm cookie cutter Fish slice Sieve

Oven temperature :160 ° C

- 1. Put flour, custard powder and sugar into mixing bowl. Cut butter into pieces and add to the mixture. Rub the butter into flour mixture with fingertips to make breadcrumbs.
- 2. Stir in the egg yolk and mix to a smooth dough, first with the knife then with your hands.
- 3. Lightly flour the surface, roll out the dough to 5mm thick, cut out circles using the 8cm cutter then with half of the circles using the 5cm cutter cut out the centre.
- 4. Transfer the cookies onto a baking tray and cook for 10-12, mins slightly less for the stamped out ones.
- 5. Using a fish slice transfer to a cooling rack.
- 6. To serve, spread jam over the whole cookies Top with the stamped out ones and dust with icing sugar.

Red Fruit Filo Baskets		
Ingredients	Equipment	
3 Sheets filo pastry	Oven	
1 tbsp sunflower oil	Pastry brush	
175g soft fruits such as strawberries,	Palette knife	
redcurrants and raspberries	Large mixing bowl	
250ml Greek Yoghurt	Bun tin	
Icing sugar to decorate	Tablespoon	
Oven Temperature: 200°C		

Method

- 1. Cut the filo pastry into 10cm squares. You need 18.
- 2. Brush each square with sunflower oil and arrange them overlapping in the bun tins, layering them in threes.
- 3. Bake the filo for 6 to 8 minutes until crisp and golden. Allow to cool on a rack.
- 4. Reserve some berries for decoration, and stir the rest into the yoghurt.
- 5. Spoon the yoghurt mixture into the filo baskets.
- 6. Decorate with the reserved berries and dust with icing sugar. Serve

TIP: How about trying a fruit coulis to enhance the dish.

Apple Strudel		
Ingredients	Equipment	
55g unsalted butter	Mandolin	
1 apple, sliced on a mandolin	Tablespoon	
2 sheets ready-made filo pastry	Teaspoon	
2 tbsp maple syrup	Wooden spoon	
2 tbsp honey, to drizzle	Saucepan	
4-6 tbsp caster sugar	Baking tray	
knob butter		
honey, to drizzle		
icing sugar, to dust		
Oven Temperature: 220°C / Gas 7		

- 1. Gently melt the butter in a pan and sauté the apple slices for a few minutes, to soften.
- 2. Lay the ready-made filo pastry sheets on top of each other.
- 3. Drizzle with the maple syrup and then spread the apples on top.
- 4. Sprinkle with the sugar and drizzle with honey. Dot with the butter.
- 5. Roll up to make a sausage shape and fold down the edges. Shape into a horseshoe and place on a non-stick-baking sheet.
- 6. Drizzle with more honey and dust generously with icing sugar.
- 7. Bake in the oven for 8-10 minutes, or until golden brown. Serve.

Apple Soufflé

Ingredients Equipment 4 eggs, separated Mixing bowls X2 2 tbsp single cream Ramekins 1 tbsp caster sugar Whisk 1 tbsp butter Fork 2-3 drops Vanilla essence Sieve Filling: Milk pan 1 apple Wooden spoon Single cream Metal Skewer 2 tbsp butter 1 tsp Cinnamon 2 tbsp Brown sugar 3 tbsp single cream Decs Strawberries

Oven Temperature 180°C Gas 4

1. Peel and core the apple

Raspberries Icing sugar

- 2. Slice and dice the apple
- 3. Sauté the apple in cinnamon, butter and sugar until softened
- 4. Beat the egg yolks with the cream, vanilla and sugar.
- 5. Whisk the egg whites until stiff, fold into the yolks
- 6. Stir in the cream and keep warm
- 7. Grease the ramekins
- 8. Place spoonfuls of the apple mixture into the ramekins
- 9. Spoon the soufflé mixture into ramekins
- 10. Bake for 15-20 mins.
- 11. Whisk 100ml double cream until stiff (DO NOT OVERMIX)
- 12. Slice a couple of strawberries
- 13. Puree some rasberries through a sieve to make a coulis
- 14. Remove from oven
- 15. Place soufflé onto a plate.
- 16. Place a quenelle of double cream onto the plate, and arrange the strawberries on top
- 17. Dredge soufflés with icing sugar
- 18. Heat the skewer and brand a criss cross pattern onto the soufflé
- 19. Drizzle the edge of the plate with the coulis
- 20. Serve

Choux Buns (Éclairs and Profiteroles) **Ingredients Equipment** 1 Quantity of Choux Pastry Sieve 75g Cooking Chocolate Mixing bowl 140ml Double Cream **Tablespoon** Palette knife Measuring jug Fork Small bowl Small pan Baking tray Cooling tray

Oven Temperature: 200°C / Gas 6

Whisk

Square of greaseproof paper

Method

- 1. Cut the butter into even size pieces and place into the pan with the water.
- 2. Sieve the flour onto the square of greaseproof paper and add the sugar.
- 3. Heat the water and butter mixture. As soon as it comes to the boil remove from the heat and tip in the flour.
- 4. Beat the mixture with a wooden spoon or electric whisk.
- 5. Beat the eggs in a little at a time to give a glossy paste.

Éclairs

Pipe 7cm stripes of pastry on to a greased tray using a 2.5cm plain icing pipe. Bake for 30 - 35 mins, at the top of the oven until well risen and golden.

Spilt down the side, cool and fill with whipped double cream. Cover with melted chocolate.

Profiteroles

Pipe or spoon 2.5cm rounds on to a greased tray. Bake for 20-25 mins until well risen and golden.

Spilt, cool and fill with whipped double cream. Cover with melted chocolate

Chocolate Pear Tart		
Ingredients	Equipment	
115 g plain chocolate	Rolling pin	
3 large firm pears	Flan ring	
1 egg	Whisk	
1 egg yolk	Vegetable peeler	
125ml single cream	Teaspoon	
½ tsp vanilla essence	Tablespoon	
3 tbs caster sugar	Sharp knife	
1 quantity sweetcrust pastry	Palette knife	
Oven Temperature: 200°C / Gas 6		

- 1. Line a 10 inch flan ring with the pastry.
- 2. Grate the chocolate and sprinkle over the base of the pastry.
- 3. Peel, halve and core the pears. Cut into thin slices crosswise and fan out slightly.
- 4. Transfer the pear halves to the pastry case, arranging them like spokes of a wheel.
- 5. Whisk the egg, egg yolk, cream and vanilla. Ladle over the pears and sprinkle with the sugar.
- 6. Bake for 10 minutes, and then reduce the heat to 180°C / Gas 4, and bake for a further 15 minutes.
- 7. Remove from the oven, sprinkle with a little more sugar and caramelise using a blowtorch.

Lemon Meringue Pie		
Ingredients	Equipment	
Pastry	Sieve	
150g Plain Flour	Small Mixing bowl	
40g Lard	Large Mixing bowl	
40g Butter	Palette knife	
25g Caster sugar	Measuring jug	
Cold water to mix	Tablespoon	
Pinch of salt	Fork	
	Grater	
Filling	Juicer	
Grated rind and juice of 2 lemons	Small saucepan	
275ml water	20cm (8") flan ring	
3 tablespoons cornflour		
50g caster sugar		
2 large eggs yolks		
40g butter		
For the meringue		
2 large egg whites		
100g caster sugar		

Oven Temperature: Gas Mark 5 or 190°C

- 1. Make the **pastry** as described in the shortcrust pastry recipe.
- 2. Line the flan ring, making sure not to trap any air.
- 3. Prick the surface using a fork, place a round of greaseproof onto the pastry and add some blind baking beans.
- 4. Bake for 20 minutes or until golden.
- 5. Prepare the **filling** by adding the caster sugar and cornflour to a bowl and mixing to a smooth paste using the measured water.
- 6. Grate the lemon and add the rind and rest of the measured water to a small pan and bring to the boil. Pour onto the cornflour paste and mix until smooth.
- 7. Transfer this mix back to the saucepan and bring back to boil and then simmer gently for 1 minute. The mixture must be stirred all the time to prevent catching!
- 8. Remove the pan from the heat and beat in the egg yolks, lemon juice and finally the butter. Pour into the pastry shell and spread out evenly.
- 9. To make the **meringue** whisk the egg whites until they form peaks, beat in the caster sugar ½ at a time until it is all incorporated and then carefully spread over the filling and seals to the edges.
- 10. Bake for 15 minutes until the top is pale beige.

Ingredients	Equipment	
Pastry	Sieve	
150g Plain Flour	Small Mixing bowl	
40g Lard	Large Mixing bowl	
40g Margarine	Palette knife	
25g Caster sugar	Measuring jug	
Cold water to mix	Tablespoon	
Pinch of salt	Fork	
	Grater	
Filling	Juicer	
1 Tin apple pie filling	Small saucepan	
2 eating apples	15cm (6") pie dish	
Juice of 1 lemon	Sharp knife	
	Chopping board	
Glaze	Baking beans	
2 tbs apricot jam	Rolling pin	
2 tbs water		

Oven Temperature: Gas Mark 5 or 190°C

- 1. Make the **pastry** as described in the shortcrust pastry recipe, adding the sugar in with the salt and flour
- 2. Grease the pie dish.
- 3. Line the pie dish, making sure not to trap any air.
- 4. Prick the surface using a fork, place a round of greaseproof onto the pastry and add some blind baking beans.
- 5. Bake for 10 minutes. Remove from the oven and remove the beans and greaseproof.
- 6. Fill the flan case with the pie filling
- 7. Peel, core and slice the apples thinly, sprinkle with some lemon juice.
- 8. Arrange the apples on top of the pie filling.
- 9. Bake for 25-30 minutes until the apples are cooked.
- 10. Prepare the glaze by heating the jam, water and 1 tbs lemon juice until syrupy and spoon over the tart to glaze.

Small Cakes	
Ingredients	Equipment
50g SR Flour	Sieve
50g margarine (cold)	Mixing bowl
50g sugar	Tablespoon
1 egg	Wooden spoon
1-2 tbs water (if needed)	Wire cooling tray
	Paper cases
	Small bowl
	Table knife
	Teaspoon
Bun tin	

Oven Temperature: Gas 5 or 190°C

Method

INFO: This should be regarded as the basic recipe. You are expected to try variations on this recipe

- 1. Place 9 paper cases into the bun tin
- 2. Cream the margarine and sugar until light and fluffy
- 3. Beat in the egg and gently fold in the sieved flour
- 4. Check the consistency of the mixture dropping consistency is required; add a little water to soften the mix if needed.
- 5. Half fill the paper cases with the mixture and bake for 15 minutes until firm and golden brown
- 6. Place on a cooling rack to cool

All in One Sandwich Cake	
Ingredients	Equipment
100g SR Flour	Sieve
100g margarine (cold)	Mixing bowl
100g sugar	Tablespoon
2 eggs	Wooden spoon
1-2 tbs water (if needed)	Wire cooling tray
4tbs jam/lemon curd	Small bowl
Icing sugar to decorate	Table knife
	Teaspoon
	Greased and lined sandwich tins
Oven Temperature: Cos 4 or 190°C	

Oven Temperature: Gas 4 or 180°C

Method

INFO: This should be regarded as the basic recipe. You are expected to try variations on this recipe

- 1. Sieve the flour into a bowl, add the margarine and sugar and the egg and beat until light and fluffy
- 2. Check the consistency of the mixture dropping consistency is required; add a little water to soften the mix if needed.
- 3. Divide the mixture between the two tins and smooth the top.
- 4. Bake for 20 minutes or until golden brown and firm to the touch in the centre of the cake.
- 5. Cool on the wire rack
- 6. Once cold, spread with jam on one cake, put the other one on top and dust with icing sugar.

Victoria Sponge Cake

Ingredients Equipment 225g SR Flour Sieve 225g butter Mixing bowl 225g caster sugar Tablespoon 4 eggs Wooden spoon Wire cooling tray 1 Lemon Small bowl 150gstrawberry jam 250g Strawberries Table knife 285ml Double cream Teaspoon Electric Whisk 2 tbs caster sugar 1 vanilla pod, with the seeds scraped out Greased and lined sandwich tins (optional) Small pan Tin to take it home in. Icing sugar to decorate

Oven Temperature: Gas 4 or 180°C

- 1. Zest the lemon, and then juice it.
- 2. Beat the butter and caster sugar until light and fluffy.
- 3. Beat each egg into the mixture, ensuring it is thoroughly incorporated before adding the next.
- 4. Fold in the flour and lemon zest.
- 5. Divide the mixture between the two tins and smooth the top.
- 6. Bake for 20 minutes or until golden brown and firm to the touch in the centre of the cake. Check using a cake skewer
- 7. Cool on the wire rack
- 8. Halve the strawberries.
- 9. Warm the jam in the pan and then add the strawberries.
- 10. Whip the cream, sugar, lemon juice and vanilla seeds until it forms soft peaks.
- 11. Pick the least attractive cake. Trim the top if necessary to achieve a level top.
- 12. Smear on the jam and strawberry mix, followed by the double cream.
- 13. Place the second cake on top and dust with icing sugar.

Black Forest Style Swiss Roll

Ingredients 50g SR Flour 50g Caster sugar

2 eggs

25g Cocoa powder

Zest and juice of 2 oranges

3 tbs caster sugar

1 400g tin pitted black cherries in syrup

400ml double cream

100g of dark (min 70%) cooking chocolate

Extra caster sugar for dusting

Equipment

Sieve

Mixing bowl Electric Whisk

Tablespoon

Small bowl

Wire cooling tray Greased baking tray

2 sheets of greaseproof paper

Small pan

Container to take home.

Oven Temperature: 200°C / Gas 6

- 1. Break eggs into mixing bowl and whisk lightly. Add sugar and whisk until thick, creamy and almost white in colour- this will take a long time!! Check for the ribbon test by allowing a ribbon of the mixture to drop from the beaters back into the bowl. If you can still see the ribbon 10 seconds later it is fine!
- 2. Sieve the cocoa and flour and lightly fold in using a metal spoon.
- 3. Place the mixture into the prepared tin and bake for 10 mins -do not overbake or it will crack when rolled.
- 4. Place a damp tea towel on your work surface, place the extra sheet on greaseproof paper on the tea towel and sprinkle with 2 tsp caster sugar.
- 5. Turn out cooked roll onto sugared greaseproof paper, remove the lining paper and trim if required.
- 6. Heat the orange zest, juice and sugar in a saucepan. Once the sugar has dissolved, add the cherries.
- 7. Sieve the mixture and save the syrup.
- 8. Heat 100ml of the cream in the saucepan. As soon as it starts to bubble add the chocolate and stir gently.
- 9. Whip the remainder of the double cream until it forms peaks.
- 10. Brush with the syrup mixture and then spread the chocolate cream onto the cake.
- 11. Spread the fresh cream on top of this, and then the cherries.
- 12. Take one end of the greaseproof and lift the paper up and fold the cake over to form a roll.
- 13. Wrap in the greaseproof paper and place in the fridge to chill and set.

Scones

Ingredients
Basic mixture
250g SR Flour
pinch of salt

50g margarine (cold)

25g sugar

125 ml or ¼ pt milk

Flavours- choose one of the following:

75g mixed fruit/sultanas ½ tsp mixed spice/cinnamon

Equipment

Sieve

Mixing bowl Measuring jug Tablespoon Small bowl

Fork

Greased baking Tray Wire cooling tray Rolling pin

Cutter
Pastry brush

Oven temperature: Gas 8 or 210°C

Method

- 1. Sieve flour into mixing bowl
- 2. Rub in fat
- 3. Stir in flavourings and sugar,
- 4. Add milk slowly and mix to form a stiff dough.
- 5. Roll out gently to a 3cm thickness and cut into rounds using the cutter
- 6. Glaze the tops using the spare milk
- 7. Bake for 10-12 mins until cooked
- 8. Cool on cooling tray

Dark Chocolate Brownies

Ingredients	Equipment
250g butter	Swiss roll tin
100g plain flour	Greaseproof paper
350g dark chocolate	Whisk
3 eggs	Tablespoon
250g dark brown sugar	Measuring jug
1 tsp baking powder	Wire cooling rack
Pinch salt	Wooden spoon

Oven Temperature: 170°C / Gas 3

- 1. Method
- 2. Grease and line the Swiss roll tin.
- 3. Melt the butter and chocolate together
- 4. Whisk the eggs and sugar together, gently fold in the flour, baking powder and salt together.
- 5. Pour the mixture into the tin and bake for 40-45 minutes.
- 6. NOTE: When checking this cake, there should still be some mixture stuck to the skewer
- 7. Allow to cool for a few minutes in the tin before turning onto a wire rack and cutting into even sizes.

Lemon Strawberry Stacks

Ingredients Equipment 4 tbs mascarpone Mixing bowl Wooden spoon 100ml double cream 75mm/3" chef ring 1 tsp icing sugar Greased baking tray 1tbsp lemon curd 12 evenly sized strawberries Metal skewer 100g raspberries Sieve Juice 1 lime Fork 2tbsp icing sugar 110g butter

Oven Temperature: 180°C / Gas 4

Method

110g flour 30g icing sugar Pinch salt

- 1. Dice the butter into a bowl. Add the flour, salt and icing sugar and rub together gently until you can form a ball.
- 2. Roll out the mixture to 5mm thickness, and prick all over with a fork.
- 3. Cut out rounds and place onto the baking tray, and bake for 20 minutes until firm to the touch and golden brown. Allow to cool.
- 4. Place the mascarpone, cream, icing sugar and lemon curd into a mixing bowl.
- 5. Remove the stalks from the strawberries and cut them in half.
- 6. Divide half the mascarpone mix between two shortbread biscuits. Stand up six strawberry halves with the cut sides out. Place another biscuit on top of the layer and repeat. Top with a plain shortbread biscuit.
- 7. Sift with icing sugar and heat a skewer over a gas flame and carefully scorch a criss cross pattern onto the top of each stack.
- 8. Place the raspberries into a sieve and press through using a fork. Add the lime juic and drizzle around the stack.

Carrot Cake

IngredientsEquipmentCakeVegetable peeler100g CarrotsGrater90g dark brown sugarMixing bowl

1 egg Wooden spoon 75ml olive oil Electric whisk

100g wholemeal SR flourSponge tin1 tbs mixed spiceWire cooling rack1 tsp bicarbonate sodaPalette knife

40g chopped pecans
Zest of 1 lemon

Icing

125g mascarpone 125ml double cream 2tbsp icing sugar

25g desiccated coconut

Decorations

55g sultanas 15g raisins

3-4 baby carrots

Pinch salt 35g sugar 25g butter

Oven Temperature: 190°C / Gas 5

- 1. Peel and grate the carrots
- 2. Whisk the oil, sugar and eggs until smooth. Sift in the flour, mixed spice and bicarb. Stir together gently.
- 3. Add the carrot, pecans, lemon zest, sultanas, raisins and coconut.
- 4. Pour the mixture into a greased and lined sponge tin.
- 5. Bake for 35-40 minutes. Remove from the tin and allow to cool.
- 6. Place the baby carrots in a saucepan. Add the salt, sugar and butter and just cover with cold water.
- 7. Bring to the boil and allow to boil for 5 minutes. Remove from the pan and allow to cool.
- 8. Beat the mascarpone, double cream and icing sugar together.
- 9. Spread the icing onto the cake and decorate with cooled, glazed carrots.

Apple Tart Fine	
Equipment	
13cm plate	
Apple corer	
Vegetable peeler	
Vegetable knife	
Pastry brush	
Blowtorch	
Whisk	
	Equipment 13cm plate Apple corer Vegetable peeler Vegetable knife Pastry brush Blowtorch

Method

- 1. Preheat the oven.
- 2. Roll out the puff pastry thinly on a lightly floured surface to a 2mm thickness. Using a 13cm plate or saucer as a guide, cut out 4 rounds and place on two large baking sheets. Prick the pastry all over with a fork to stop it puffing up.
- 3. Peel, core and thinly slice the apples.
- 4. Arrange the apple slices in a circle on top of the pastry discs, overlapping them slightly, placing 2 rings in the middle to finish. Brush them with melted butter and sprinkle with a fine layer of caster sugar.
- 5. Bake the tarts for 10 -15 minutes until the pastry is cooked. Dust with icing sugar and glaze with a blow torch.
- 6. Serve the tarts warm, with a quenelle of double cream.

Crème Brulee	
Ingredients	Equipment
75ml whole milk	Measuring jug
250ml double cream	Mixing bowl
1 vanilla pod, split and seeds removed	Whisk
4 free-range egg yolks	Sieve
50g caster sugar, plus extra for topping	4 ramekins
Oven Temperature: 120°C / Gas ½	

- 1. Place the milk, double cream, vanilla seeds and pod into a pan. Bring to the boil. In a large bowl whisk the egg yolks and sugar together until thoroughly combined, then stir in the milk.
- 2. Strain the mixture through a sieve and divide among four ovenproof ramekins. Place the ramekins into a roasting tray and fill the tray with water until it comes halfway up the sides of the ramekins.
- 3. Place the tray into the oven and cook for 30-40 minutes, or until the mixture is just firm to the touch. Once cooked, remove from the oven and allow to cool. Place into the fridge to chill.
- 4. To serve, sprinkle each crème brulee with a sugar to cover and caramelise the top with a mini blowtorch. Repeat once.

My Recipes

Record your own recipes here for reference.		
T	In	
Ingredients	Equipment	
O T		
Oven 1er	nperature:	
Method		

Ingredients	Equipment
Oven Temperat	ure: ° C / Gas
Method	

Ingredients	Equipment
Oven Temperat	ure: ° C / Gas
Method	

Ingredients	Equipment
Oven Temperat	ure: ° C / Gas
Method	

Ingredients	Equipment
Oven Temperat	ure: ° C / Gas
Method	

Ingredients	Equipment
Oven Temperat	ure: ° C / Gas
Method	