



# GCSE Food Preparation and Nutrition Recipe Book

Name \_\_\_\_\_

Teacher: \_\_\_\_\_

Form: \_\_\_\_\_

Group: \_\_\_\_\_

## Recipe: Omelette

### Ingredients:

- 2 eggs
- Black pepper
- Pinch of salt
- ½ teaspoon of mixed herbs
- ½ teaspoon of oil

### Cheese filling

- 50g cheese
- 25g mushrooms

### Method

1. Pre-heat the grill
2. Grate the cheese and prepare any slice the mushrooms
3. Break the eggs into the bowl, add the salt, pepper, herbs and half the cheese, gently combine with a fork—do not over beat!
4. Turn the hob to medium, place the frying pan on the hob and let it get hot (about 30 seconds with gas, longer with electric).
5. Turn up the heat and add the oil, tilt the pan so the base gets coated. Now add the mushrooms.
6. Add the egg. When a bubbly frill appears round the edge tilt the pan and use the palate knife to allow the uncooked egg to flow under the cooked egg to the surface of the pan (
7. When there is just a little liquid egg left, sprinkle the remaining grated cheese onto top and place frying pan with the omelette in under the pre-heated grill to cook until bubbling.
8. **Place pan on pan stand and not on the work surface!**
9. Fold the omelette in half and tip onto the plate.  
Serve immediately.

## Recipe: Beef/Lamb Casserole

### Ingredients:

- 450g stewing beef/lamb
- 1 x 15ml tablespoon of oil
- 1 beef stock cube
- 25g plain flour
- 400 ml water
- Salt and pepper
- 300g vegetables — a selection of the following:  
carrots, onions, celery, parsnips, potato, small pieces of swede or turnip

### Large casserole dish

### Method

1. Pre-heat oven to 170°C/Gas Mark 3 .
2. Dissolve stock cube in 400ml of hot water.
3. Prepare vegetables: peel and slice onions and carrot.  
Peel and dice swede, potato and parsnip. Scrub and slice celery and slice.
4. Cut meat into cubes, trimming off excess fat.
5. Fry meat in oil until browned. **Remove from heat**
6. Stir in flour and cook for 1 minute stirring. **Remove from heat.**
7. Stir in stock gradually. Return to heat. Bring to the boil stirring all the time.
8. Add seasoning and vegetables.
9. Put into casserole. Cover and cook for 1½—2 hours until the meat is tender. Cook at home for at least 1 hour.

## Recipe: Meatballs

### Ingredients

- 400g minced beef/ lamb/ turkey/ quorn/ soya
- 1 small onion
- 2 slices of bread
- 1 egg
- 2 cloves of garlic (optional)
- 1 stock cube
- 1 tablespoon of tomato puree
- **container with a tight fitting lid**

**School will provide:**  
½ teaspoon mixed herbs

### Method

1. Prepare oven, 190°C or Gas Mark 5. Line tray with tin foil and grease.
2. Peel and chop onion and chop garlic, place in the a large bowl.
3. Process the bread in food processor until finely chopped. Add to large bowl.
4. Add mince, tomato puree, crumbled stock cube and herbs.
5. Break egg into small bowl and beat with fork.
6. Add to large bowl and combine all the ingredients.
7. Sprinkle flour onto a red chopping board.
8. Take 1 tablespoon of mixture and roll into a ball on the red chopping board. Place on greased baking tray.
9. Bake meatballs for 15-20 minutes until cooked through.

## Recipe: Falafel

### Ingredients:

- 1 small onion
- 1 clove of garlic
- 400g can chickpeas
- Handful of parsley
- 2 tablespoons sunflower oil
- 1 egg

### School will provide:

1 teaspoon cumin  
1 teaspoon ground coriander

**container with a tight fitting lid**

### Method

1. Peel and finely chop the onion.
2. Crush the garlic.
3. Fry the onion and garlic over low heat for 5 minutes until soft.
4. Chop the parsley
5. Wash and drain the chickpeas
6. Tip cooked onions and garlic into a large glass bowl.
7. Add the chickpeas and spices and mash with a potato masher until soft.
8. Add the chopped parsley and season to taste.
9. Add the egg and mix well.
10. Shape into 12 balls and flatten into patties.
11. Fry falafels for 3 minutes on each side until golden brown and firm.

## Recipe: Tomato sauce

### Ingredients:

- 1 medium onion
- 1 clove of garlic
- 1 x 400g can of chopped tomatoes

### School will provide:

2 tablespoons oil  
1 teaspoon sugar  
1 teaspoon basil  
½ teaspoon black pepper

### Method

1. Peel and chop onion into small pieces.
2. Fry the onion in the saucepan with the oil.
3. Peel and crush the garlic and add to the saucepan.
4. When the onions are soft, add the chopped tomatoes, sugar and basil.
5. Simmer for 10—15 minutes.
6. Add the cooked meatballs / falafels to the sauce and place in a named container.
7. When cool, store in the fridge.
8. At home, heat the meatballs until piping hot and serve with freshly cooked spaghetti.

## Recipe: Rough Puff Pastry

### Ingredients:

- 225g strong plain flour
- 150g butter / block fat (or 75g butter/ block fat and 75g lard)
- 2.5g salt
- Cold water to mix (approximately 100mls)

### Method

1. Cut the fat into small pieces (or grate).
2. Mix flour and salt, and add the fat, stir with a palette knife (**do not rub in**).
3. Mix to a stiff dough with the water.
4. Roll out on a floured surface to a rectangle.
5. Fold in three.
6. Give a quarter turn so one of the open ends is towards you and roll out again, Do this 3 times in all.
7. Cover and leave to rest in the refrigerator for 20—30 minutes.

## Recipe: Sausage plait/Jalouise

### Ingredients:

#### Pastry

- 1 x quantity of rough puff pastry
- Egg to glaze

### Fillings

#### Sausage plait

- 400g sausage meat/ 8 sausages
- 2 tomatoes
- 1/2 teaspoon herbs
- 1 onion (100g)

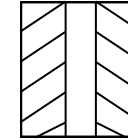
#### Cheese Jalouise

- 150g Cheese
- 1 small onion (100g)
- 1 egg

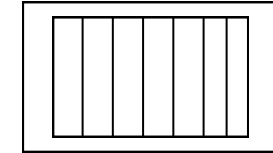
Container to take your product home

### Method

Plait



Jalouise



1. Set oven at 210°C/Gas Mark 7
2. Prepare fillings:
  - **Sausage Plait** - Slice tomatoes and chop the onion. Mix onion with the sausage meat.
  - **Jalouise** - Grate cheese & onion. Season. Add enough beaten egg to bind.
3. Roll pastry to a 25cm square. Trim.
4. **Plait** cut 7cm slits 1.5cm apart down each side of pastry. Place on baking tray, put filling in centre and arrange sliced tomato on top. Dampen cut ends of strips with beaten egg and plait by folding alternately from each side at an angle across the filling and sealing firmly in the middle.  
**Jalouise** cut pastry into 2. Put one piece onto baking tray, arrange filling on top, dampen edges. Fold remaining piece in half lengthwise and cut at 1cm intervals across the fold leaving 2.5cm uncut each side. Place on top of filling and seal firmly on all 4 sides.
5. Brush with egg. Bake 20-25 minutes until risen and golden brown.
6. Probe the sausage meat when cooked to ensure it reaches a temperature of 75°C.

## **Recipe: Chicken and chickpea curry.**

### **Ingredients:**

- 1 onion, chopped
- 200-400g chicken
- 1 garlic clove, crushed
- 1 fresh tomato, chopped
- Can of tomatoes
- 400g tin chickpeas, drained and rinsed
- 5cm piece root ginger, grated (optional)

### **School will provide**

- 1 tbsp oil
- ¼ tsp salt
- ½ tsp cumin powder
- ¼ tsp coriander powder
- ¼ tsp turmeric powder
- ¼ tsp red chilli powder
- pinch of garam masala

### **Method**

1. Chop the chicken into cubes on a red chopping board.
2. Add the oil to a saucepan. Fry the onions until the onions are caramelised.
3. Add the chicken and seal.
4. Add the salt, cumin, coriander, turmeric and red chilli powder and gently mix.
5. Chop the tomato add to the pan. Add the can of tomatoes. Cook the sauce until it begins to thicken.
6. Add 4 tablespoons water and stir.
7. Rinse the chickpeas and add to the chicken mix.
8. Add the ginger and the garam masala.
9. Cover and simmer for 15 minutes.

## **Recipe: Spicy bean casserole**

### **Ingredients:**

- 1 large onion,
- 2 celery sticks
- 50g bacon, chopped. (optional)
- 1 x397g, tin chopped tomatoes.
- 2 garlic cloves, crushed.
- Chicken stock cube
- 1 can chick peas.
- 1 can of black eyed beans.
- 200g mushrooms

### **School will provide:**

- 2 tbsp oil
- 1 tsp cumin seeds
- 1/2 tsp cinnamon
- 2 tsp coriander seeds
- 1/2 tsp ground cumin
- 1/2 tsp turmeric
- 1/4 tsp chilli powder
- Salt and pepper

### **Casserole dish with a lid**

### **Method**

1. Preheated oven at 170°C/fan,190°C/gas 5.
2. Chop the onion.
3. Wash and slice the celery and mushrooms.
4. Chop the bacon, using scissors.
5. Make the stock, add 150ml boiling water to a measuring jug and add the stock cube.
6. Heat the oil in a saucepan and add onions, celery, bacon and garlic. Fry over a low heat until soft but not discoloured.
7. Stir in all the spices. Cook for a further minute or two.
8. Add the tomatoes, stock and salt and pepper. Stir well.
9. Rinse the beans and add to the pan.
10. Stir and bring to the boil.
11. Stir in the mushrooms .
12. Cover & put in the casserole dish and cook for 20 minutes.

## **Recipe: Chilled lemon flan**

### **Ingredients:**

- 300ml double cream
- 1 x 397g condensed milk **not** evaporated milk
- 2 x large lemons
- 250g plain digestive biscuits/ginger biscuits
- 100g butter/vegetable spread

**25cm flan dish or cake tin**

### **Method**

1. Melt the butter or vegetable spread in a saucepan. Take off the heat.
2. Crush the biscuits and then add to the saucepan and mix.
3. Press the biscuit mixture into the flan dish and up the sides using the back of a metal spoon.
4. In a large bowl, whip the cream carefully until soft peaks form.
5. Add the condensed milk and mix thoroughly.
6. Finely grate the zest of one of the lemons and squeeze out the juice of both. Add half the zest to the cream.
7. Add the lemon juice to the cream and condensed milk mixture.
8. Mix together thoroughly—the mixture will thicken as you do this.
9. Carefully spread the mixture in to the flan base and spread evenly.
10. Add the remaining zest on the top.
11. Chill in the refrigerator.

## Recipe: Cajun spiced bread rolls

### Ingredients:

#### Bread dough

- 40p or:
  - 250g strong plain flour
  - 15g fresh yeast
  - ½ tsp salt
  - ½ tsp sugar
- 150ml warm water
- 15ml vegetable oil
- 1 dessert spoon tomato puree
- 1 clove garlic, crushed

#### School will provide

1 tsp paprika  
½ tsp cayenne pepper  
½ tsp dried oregano  
Pinch black pepper

**Container to take the bread rolls home.**

### Method

1. Set oven 220°C/Gas Mark 7. Grease baking tray.
2. Make dough by mixing flour, salt, paprika, cayenne pepper, oregano, crushed garlic.
3. In a measuring jug, add yeast, sugar, oil to the warm water and mix.
4. Add the tomato paste and mix.
5. Add to the flour mixture and mix to a soft dough.
5. Turn dough onto a floured surface and knead for 5 minutes until smooth and elastic.
6. Divide into 6, shape and place on a greased tray.
7. Cover with oiled cling film and prove for 15 minutes in a warm place.
8. Bake for 10—15 minutes.

## Recipe: Swiss roll

### Ingredients:

- 2 large eggs
- 50g caster sugar
- 50g self raising flour
- 2-3 tablespoons jam
- Extra sugar for rolling

**Tin or container to take your product home**

### Method

1. Set oven at 200°C / Gas Mark 6.
2. Grease & line the Swiss roll tin.
3. Make sponge mixture. Whisk eggs & sugar to a thick foam.
4. Fold in sieved flour carefully using a metal tablespoon.
5. Bake for 8-10 minutes until golden & firm.  
DO NOT OVERCOOK.
6. Whilst cake is cooking spread extra sugar on the greaseproof paper and stir the jam to soften it.
7. Turn out cake onto sugared paper, remove paper, trim edges.
8. Spread with jam & roll up.

## Recipe: Meat Lasagne

### Ingredients:

#### Meat Sauce

400g minced beef  
1 can (400g) tomatoes  
50g tomato puree  
50g mushrooms  
1 onion  
Herbs

#### **Optional ingredients:**

Pepper, carrot, courgette

#### Cheese sauce

500ml milk  
50g soft fat/ butter  
50g plain flour  
100g cheese (grated)

#### Lasagne

150g lasagne sheets

#### **Large ovenproof dish**

### Method

1. Prepare and chop the vegetables.
2. Fry mince until sealed. Add chopped onion in a pan.
2. Add tinned tomatoes, puree, chopped mushrooms, vegetables & seasoning.
3. Cook meat sauce and simmer for 10 minutes.
4. Make cheese sauce by the all-in-one method. Put milk, flour & fat in a pan. Bring to the boil stirring all the time.
5. Add ½ the cheese.
6. Put layer of meat sauce, then lasagne sheets, then cheese sauce, into an ovenproof dish. Repeat. Finish with a layer of cheese sauce.
7. Sprinkle with remaining cheese.
8. At home bake at 200°C / Gas Mark 6 for 40 minutes.

## Recipe: Vegetable Lasagne

### Ingredients:

#### Vegetable Sauce

750g selection of vegetables (onion, celery, carrot, mushroom, pepper)  
15ml oil  
1 medium can tomatoes (400g)  
50g tomato puree  
Salt & pepper

#### Cheese sauce

500ml milk  
50g soft fat/ butter  
50g plain flour  
100g cheese (grated)

#### Lasagne

150g lasagne sheets

#### **Large ovenproof dish**

### Method

1. Prepare & chop vegetables.
2. Lightly fry onion, carrot & celery in oil for 5 minutes.
- 3 Add tinned tomatoes with juice & remaining vegetables. Season. Simmer 10 minutes.
4. Make cheese sauce by the all-in-one method. Put milk, flour & fat into pan. Bring to the boil stirring all the time.
5. Add ½ the cheese.
6. Put layer of veg. sauce, lasagne sheets, cheese sauce, into an ovenproof dish. Repeat. Finish with a layer of cheese sauce.
7. Sprinkle with remaining cheese.
8. At home bake at 200°C/ Gas Mark 6 for 40 minutes until golden brown.



## Recipe: Roasted Mediterranean vegetable flan

### Ingredients:

#### Pastry

- 150g plain flour
- 75g block fat
- 6-8 teaspoons cold water

Flan tin (23-25cm) and container to take the product home

### Filling

- 1 pepper
- 1 courgette
- 1 small onion
- 1 tomato or 2 medium mushrooms
- 2 eggs
- 150ml milk
- 100g grated cheese

School will provide  
2 tablespoons of oil  
1 clove garlic  
A few basil leaves  
1/2 teaspoon Ground black pepper

### Method

1. Set oven 200°C/Gas Mark 6.
2. Put flour & fat in bowl. Rub fat into flour.
3. Add water & mix to a stiff dough, adding more water if needed.
4. Wrap in cling film and rest for 20 minutes.
5. Wash and dice onion, pepper, tomatoes, mushrooms.
6. Place in a bowl and mix with oil, garlic and ground pepper.
7. Arrange on a baking tray and roast for 25-30 minutes.
8. Turn pastry onto floured table, roll pastry, line flan dish and rest for 15 minutes.
9. Prick base with a fork and bake pastry blind for 10 minutes.
10. Mix eggs and milk.
11. Brush pastry case with egg mixture and bake for a further 5 minutes.
12. Turn oven down to 180°C/Gas Mark 4.
13. Place case on a baking tray and add half the grated cheese.
14. Place the roasted vegetables on top with the torn basil leaves.
15. Pour over the egg mixture and add the rest of the cheese.
16. Bake for 25 minutes until the filling is set and the top is golden brown.

## Recipe: Cinnamon toast

### Ingredients:

- 1 slice of bread
- 10g butter
- 5g caster sugar
- 1g cinnamon

### Method

1. Set grill to high to pre-heat.
2. Mix sugar and cinnamon.
3. Toast bread on one side.
4. Observe the **dextrinisation**
5. Turn bread onto untoasted side.
6. Butter bread.
7. Sprinkle with sugar and cinnamon.
8. Toast.
9. Watch carefully as the sugar melts and then changes colour as it **caramelises**.

## Recipe: Savoury palmiers

### Ingredients:

- 375g pack of puff pastry
- 2 tablespoons of sun-dried tomato pureé, or red or green pesto
- 100g cheddar cheese

### School will provide

*1 tsp dried oregano or mixed herbs*  
*Egg wash*

**a container to take the palmiers home**

### Method

1. Preheat oven to 200°C / gas mark 6.
2. Grease a baking tray.
3. Grate cheese.
4. Roll out pastry on a lightly floured surface to a rectangle 25cm by 20cm.
5. Spread a layer of tomato pureé / pesto over the pastry and scatter the grated cheese on top.
6. With the shortest end towards you, take both long edges of the pastry and roll them towards each other to meet in the middle.
7. Brush with egg wash down the centre to stick the two halves together.
8. Cut the roll into 12 slices, lay cut side up on the baking tray,
9. Brush with egg wash and sprinkle with the herbs.
10. Bake for 12-15 minutes until puffed and golden.

## Recipe: Cheesecake

### Ingredients:

- 150g digestive biscuits
- 75g butter or soft fat
- 200g cream cheese
- 125ml whipping cream
- 50g caster sugar
- 1 lemon
- fresh fruit to decorate

**18cm cake tin or flan dish and a container to take the cheesecake home**

### Method

1. Crush the biscuits in plastic bag, use a rolling pin.
2. Melt butter, then remove from the heat, add the biscuit crumbs and stir well.
3. Press mixture into the dish.
4. Zest the lemon. Squeeze juice.
5. In a small bowl mix the cream cheese and sugar until soft.
6. Add the lemon zest and juice and mix with a fork.
7. Whip the cream to soft peaks.
8. Add the cheese mixture to the cream and whisk until smooth.
9. Gently place the mixture over the biscuit base using a spatula.
10. Decorate with the fruit if time allows.

## **Recipe: Cheese and vegetable pasties**

### **Ingredients:**

#### **Pastry:**

- 200g plain flour
- 100g block fat

#### **Filling:**

- 1 small onion
- 1 stick of celery (optional)
- 1 small potato
- 1 small carrot
- 50g cheddar cheese– grated

### **School will provide**

*1 tsp dried mixed herbs  
Egg wash  
1-2 tablespoons oil  
Salt and black pepper*

**Tin/container to take  
your pasties home**

### **Method**

1. Preheat oven to 200°C / gas mark 6.
2. Peel the carrot and potato and finely dice.
3. Boil carrot and potato until soft. Remove from heat, drain.
4. Peel and finely chop the onion. Finely slice the celery.
5. Fry onion and celery in oil until softened, remove from heat.
6. Add grated cheese and seasoning to cooked vegetables.
7. Rub fat into flour, stir in dried herbs.
8. Mix to a dough with cold water (approx. 50ml/ 10 tsps).
9. Roll out pastry and cut into 5-6 circles the size of a saucer.
10. Place filling mixture in the centre of each circle.
11. Wet the edges of the circle with egg, fold and seal.
12. Finish by fluting the edges.
13. Place on a baking tray and glaze with egg wash.
14. Bake for 12-15 minutes until crisp and golden.

## **Recipe: All-in-one cake**

### **Ingredients:**

- 150g self raising flour
- 150g soft fat
- 150g sugar
- 3 eggs
- 2 tablespoon (50g) jam
- 1 teaspoon (5g) sugar (to sprinkle on to top)

**Tin / container to take your cake home**

### **Method**

1. Set oven 180°C/Gas 4. Grease & line 2 x 18cm tins.
2. Put soft fat, sugar, eggs & flour in large bowl. Beat until soft with a wooden spoon, or electric whisk.
3. Divide between two tins.
4. Bake 20 minutes until golden brown and firm to touch.
5. Remove from tin. Cool.
6. Sandwich together with jam.
7. Sprinkle 1 teaspoon sugar onto top.

## Recipe: Gingerbread

### Ingredients:

- 115g plain flour
- 50g soft spread/ butter
- 1 egg
- 25g sultanas (optional)

**Tin / container to take your gingerbread home.**

### School will provide:

- 80g black treacle
- 35g golden syrup
- 25g soft brown sugar
- 1 x 5ml spoon ground ginger
- 1 x 2.5ml spoon mixed spice
- 1 x 2.5ml spoon bicarbonate of soda
- 75 ml milk

### Method

1. Set oven at 150°C/ Gas Mark 2.
2. Grease cake tin.
3. Sieve together, flour, ginger, mixed spice and bicarbonate of soda.
4. Melt fat, sugar, treacle and syrup gently. Gradually beat in milk and allow to cool.
5. Add the beaten egg and mix well. Stir treacle mixture into the flour and add sultanas.
6. Pour mixture into prepared tin and bake for about 20-30 minutes.

## Recipe: Chelsea Buns

### Ingredients:

- 250g strong plain flour
- ½ teaspoon salt
- 1 teaspoon mixed spice
- 25g butter
- 25g sugar
- 15g fresh yeast
- 100ml milk
- 1 egg

### Filling

- 25g butter
- 50g sugar
- 100g mixed dried fruit and mixed peel

**School will provide**  
Sugar glaze

**Tin / container to take your Chelsea buns home**

### Method

1. Make dough by mixing flour, salt, mixed spice and sugar.
2. Rub butter into the flour.
3. Gently warm the milk . Add the yeast to the warm (not hot) milk. Add egg and mix well.
4. Add the yeast mixture to the flour and mix to form a dough.
5. Turn dough onto a floured surface and knead for 5 minutes.
6. Cover with oiled cling film and prove in a warm place.
7. Set oven 200°C/Gas Mark 7. Grease tin.
8. Melt butter
9. Knead dough. Roll into a rectangle 30cm by 20cm
10. Spread with melted butter. Sprinkle the sugar and dried fruit over the dough.
11. Roll up (like a Swiss Roll). Cut into 10 equal slices. Place on a greased tray cut side down.
12. Cover with oiled cling film and prove in a warm place for 30 minutes, until doubled in size.
13. Remove the cling film and bake 15-20 minutes until golden.
14. Brush with sugar glaze, whilst still warm.

## **Recipe: Cheese and Herb Round**

### **Ingredients:**

225g self-raising flour  
50g strong flavoured cheese  
25g pumpkin seeds or sunflower seeds  
(optional)  
50g butter or vegetable fat spread  
150ml milk

### **School will provide.**

½ tsp baking powder  
¼ tsp cayenne pepper  
1 tsp mixed dried  
herbs

**Tin or container to take your product home**

### **Method**

1. Set the oven to Gas 6/200°C
2. Sieve the flour, baking powder and cayenne pepper together into a mixing bowl.
3. Stir in the dried herbs.
4. Rub in the fat until the mixture looks like breadcrumbs.
5. Stir in ¾ of the grated cheese and seeds.
6. Make a well in the centre and gradually add the milk.
7. Stir the mixture together until it forms a soft dough.
8. Knead the dough lightly and shape into a round, about 16–18cm diameter and 2cm thick.
9. Grease or line a baking sheet and place the scone round on it.
10. With a knife, mark the scone round into eight pieces – cut down so that the marks are clearly visible
11. Brush the top with some milk.
12. Sprinkle the remaining ¼ of the grated cheese on top.
13. Bake the scone round for 15–20 minutes until golden, well-risen, spongy to the touch but not doughy in the middle – check with a skewer.

## **Recipe: Profiteroles**

### **Ingredients:**

#### **Choux pastry – basic mixture**

150ml water  
50g butter or block vegetable fat spread  
60g flour (strong plain bread flour is best)  
2 medium eggs

### **Filling**

200ml double or whipping  
cream – whipped until  
thick

### **Topping**

150g chocolate

**Tin or container to take your product home**

### **Method**

1. Heat the oven to Gas 6/200°C.
2. Bring the water and butter to the boil in a saucepan – make sure all the fat has melted.
3. Turn off the heat and, straightaway, add the sieved flour and carefully mix it in with a wooden spoon and then beat it until a ball of choux paste is formed in the pan
4. Allow the choux paste to cool for a few minutes.
5. Gradually add the beaten eggs, a little at a time – you may not need them all – beating the mixture well. The paste should be a ‘dropping’ consistency – it must not be runny.
6. Pipe the mixture into 12 x blobs onto a greased or lined baking tray. Allow some room for them to expand.
7. Bake for 15 minutes, then turn the temperature down to Gas 5/180°C for another 10 minutes – DO NOT OPEN THE OVEN DOOR WHILE BAKING, BECAUSE THEY ONLY SET IN THE LAST FEW MINUTES OF BAKING.
8. Make a slit in the side of each one and allow to cool.

### **Finishing**

1. Whip the cream until thick.
2. Pipe cream through the slit in the side of each profiterole.
3. Melt the chocolate in a bowl over a pan of simmering water and dip the profiteroles into it and leave them to set.

## Recipe: Fish cakes

### Ingredients:

- 350g potatoes
- 200g tinned tuna/ cooked fish
- 25g butter or block fat
- 1 egg
- Small bunch of parsley
- 200g dried breadcrumbs or stale bread (grate or crumb in the food processor at school)

**School will provide:**  
Salt and pepper

**Container with lid**

### Method

1. Peel potatoes and cut into 1cm dice.
2. Place in a large pan, cover with cold water and bring to the boil. Simmer for 20 minutes until potatoes are soft.
3. Open tin, place tuna/ cooked fish on a plate and flake.
4. Wash parsley, remove stalks and chop finely.
5. When potatoes are cooked, drain and mash with potato masher until smooth.
6. Add butter, salt, pepper, fish and parsley and mix well with a tablespoon.
7. Crack egg into a small bowl and beat with a fork.
8. Place breadcrumbs on a plate.
9. Sprinkle flour on your chopping board and hands. Shape fish mixture into a sausage shape and then cut and shape into 8 even sized pieces.
10. Dip each fishcake into the egg mixture, brushing with pastry brush.
11. Remove with palette knife, place into breadcrumbs, coat each side.
12. Bake on a greased baking tray for 15—20 minutes at 200° C/Gas 6.

## Recipe: Ratatouille

### Ingredients:

- 25ml vegetable oil
- 1 large onion (100g)
- 1 or 2 cloves of garlic
- 1 aubergine (100g)
- 1 courgette (50g)
- green pepper (50g)
- red pepper (50g)
- large tin tomatoes (400g)
- 1 tablespoon of tomato pureé

**School will provide:**  
5g fresh basil  
Salt and black pepper

**Large container with lid**

### Method

1. Peel & chop onion, peel and crush garlic.
2. Wash green & red pepper. Cut in half, remove stalk & seeds. Slice and cut into cubes.
3. Wash & slice courgettes.
4. Wash & chop aubergine into 2-3cm cubes.
5. Put oil into pan & heat up.
6. Add onion & cook gently for 5 minutes (onion should not be brown), stir with a wooden spoon.
7. Add aubergine, courgettes, pepper & garlic & cook for a further 2-3 minutes until they begin to soften slightly.
8. Stir in tinned tomatoes, tomato puree, basil, salt & pepper.
9. Put lid on pan & simmer gently for approx. 15 minutes, stirring occasionally.
10. Add the basil at the end of the cooking process.

## Recipe: Lemon Meringue Pie

### Ingredients:

#### Pastry base

- 150g plain flour
- 75g butter or block fat
- 1-2 tablespoons water

#### Flan dish

### Method

#### Pastry

- 1 Set oven 200°C/Gas Mark 6.
- 2 Put flour & butter in bowl. Rub fat into flour.
- 3 Add water & mix to a stiff dough, adding more water if needed.
- 4 Turn pastry onto floured table, roll out.
- 5 Line flan dish.
- 6 Place flan dish on baking tray and bake blind for 15 minutes.

### Ingredients:

#### Filling

- 2 large lemons
- 250ml cold water
- 30g (2 rounded tablespoons cornflour)
- 25g caster sugar
- 40g butter/ block fat
- 2 large egg yolks

#### Meringue

- 3 large egg whites
- 100g caster sugar

#### Tin to take your lemon meringue pie home

### Method

1. Oven on 150°C/Gas Mark 2.
2. Zest and juice the lemons.
3. Carefully crack the eggs and separate, putting the whites in a clean large glass bowl and two of the yolks in a small glass bowl.
4. In a measuring jug add lemon juice, zest and make up to 250ml with water. Add cornflour and sugar (25g) and blend.
5. Put the saucepan on the hob and bring to the boil, stirring all the time. As soon as the mixture has boiled and thickened remove from the heat.
6. Add the butter to the saucepan and finally the egg yolks. Do not put back on the heat.
7. Place the lemon filling into the pastry case and spread out evenly.
8. Whisk the egg whites until they form soft peaks.
9. Beat in 1 tablespoon of sugar at a time until all is added and it forms stiff peaks. Stop whisking when all the sugar is in to prevent over beating.
10. Spread or pipe the meringue mixture over the filling.
11. Cook for 45 minutes until the meringue has turned pale beige and is crisp on the outside and with a marshmallow texture in the middle.

## Recipe: Bean Cobbler

### Ingredients:

400g canned beans (mixed beans or baked beans, cannellini beans, butter beans, etc.)  
1 clove garlic (optional)  
1 large can tomatoes  
1 pepper  
50g mushrooms  
1 courgette  
1 stock cube  
1 tbsp tomato purée  
200ml boiling water

Casserole dish or oven proof dish to bake cobbler in

### Topping

200g self raising flour  
50g butter/block fat  
125ml milk  
75g grated cheese  
1 teaspoon herbs

### School will provide:

2 x 1 teaspoon dried mixed herbs  
1 tablespoon oil

### Method

1. Preheat the oven to Gas 6/200°C (190°C if you are using a fan oven).
2. Peel and chop the onion and garlic and sauté in the oil until soft.
3. Wash and slice the mushrooms and add them to the pan.
4. Chop the pepper and slice the courgette.
5. Make the stock with boiling water.
6. Remove the saucepan from the heat, add the tomatoes, purée, stock, mixed herbs, salt and pepper.
7. Rinse the beans and add them to the saucepan.
8. Bring to the boil and simmer for 15-minutes.
9. Topping: Rub the fat into the flour. Make a well in the centre.
11. Gradually pour in half the milk, mixing with a knife. Continue to add milk to form a soft dough (you may not need all the milk). Add the grated cheese and dried herbs.
12. Turn onto a floured table.
13. Press out to 3cm thick. Cut into eight equal pieces to make the scones.
14. Add the bean mixture to the dish and arrange the scones around the edge  
Bake for 20 minutes

## Recipe: Jambalaya

### Ingredients

1 or 2 chicken breast  
or 200g mycoprotein (Quorn)  
or 200g prawns  
50g chorizo (optional)  
150g long grain rice  
1 large onion  
1 pepper  
1 stick of celery (optional)  
2 cloves garlic  
1 chicken stock cube  
1 x 400g can chopped tomatoes

### School will supply:

1 tablespoon oil  
1 teaspoon paprika  
1 teaspoon dried thyme  
1 teaspoon Tabasco sauce

Container with a lid

### Container with tight fitting lid

### Method

1. Chop chicken and chorizo into bite size pieces.
2. Peel and finely chop onion.
3. Fry onion, chicken and chorizo over low heat.
4. Finely chop celery. Add to the chicken.
5. Finely chop or crush the garlic. Add to the chicken.
6. Deseed and finely chop the pepper. Add to the chicken.
7. Make up the stock with 300ml water.
8. Add the rice to the chicken and cook gently for one minute. Stir to avoid the rice sticking.
9. Add the stock, tomatoes, paprika, thyme and tabasco.
10. Bring to the boil and simmer for 20 minutes stirring frequently to prevent the rice sticking and burning. The rice should be soft and the liquid absorbed.



## Recipe: Minced Beef Cobbler

### Ingredients:

#### Base

400g minced beef  
1 clove garlic (optional)  
1 large can tomatoes  
1 stock cube/ 100ml water  
1 tablespoon tomato puree  
1 onion  
100g mushrooms

#### Topping

200g self raising flour  
50g butter/block fat  
125ml milk  
75g grated cheese  
1 teaspoon herbs

**Casserole dish or oven proof dish to bake cobbler in**

### Method

1. Set oven, 200°C or Gas No 6.
2. **Base:** Peel and chop the onion and garlic.
3. Add mince to the saucepan and stir over a low heat until the meat has browned.
4. Add the onion and garlic.
5. Wash and slice mushrooms and add to the pan.
6. Make the stock with boiling water
7. Remove saucepan from the heat, add tomatoes, puree, stock, mixed herbs, salt and pepper.
8. Bring to the boil and simmer for 15 minutes.
9. **Topping:** Rub fat into flour
10. Make a well in the centre
11. Gradually pour in half the milk, mix with a knife, continue to add milk to form a soft dough (you may not need all the milk). Add the grated cheese.
12. Turn onto floured table.
13. Press out to 3cm thick. Cut into eight equal pieces.
14. Add the meat to the dish and arrange the scones around the edge.
15. Bake for 20 minutes

## Recipe: Chicken and Mushroom Risotto

### Ingredients:

150g bacon  
1 onion  
25g butter  
50g mushrooms  
50g (fresh spinach optional)  
200g risotto rice  
150g pack cherry tomatoes, halved  
500ml hot chicken stock  
50g Parmesan

**Casserole dish with lid**

### Method

1. Heat oven to 200°C/fan 180°C/gas 6.
2. Chop the onion and garlic.
3. Cut the bacon in strips. Fry the bacon 3-5 mins until golden and crisp.
4. Stir in the onion, garlic and butter and cook for 3-4 mins until soft.
5. Tip in the rice and mix well until coated, stirring all the time. Pour in 200ml of the stock and cook until absorbed.
6. Add the cherry tomatoes and the remainder of the stock, then give the rice a quick stir.
7. Season with salt and pepper.
8. Add to a casserole dish and cover.
9. Bake for 18 mins until just cooked. Stir in the spinach and Parmesan.

## Recipe: Stuffed Chicken Breast

### Ingredients:

2 medium or large chicken breasts  
1 mozzarella ball (approximately 100g)  
6–8 fresh basil leaves  
2 slices Parma ham or bacon

### Optional

Sun dried tomatoes  
2-3 spring onions

**Container with tight fitting lid to take your chicken home**

### Method

1. Preheat the oven to Gas 6/200°C .
2. Make the filling: drain the water from the mozzarella ball. Chop the mozzarella into small pieces and place in a bowl.
3. Mix the mozzarella with the chopped basil leaves and the chopped ham slices.
4. Prepare the chicken breasts: If the skin is still attached to the chicken, pull it off and throw it away.
5. Turn the chicken breast over so that the side that had the skin on it is facing down.
6. Place one hand flat on top of the chicken breast. Taking care, insert the tip of your sharp meat knife horizontally into one end of the chicken breast and slide the length of the blade in, almost to the other end of the chicken breast.
7. Slowly and carefully cut the inside of the chicken breast to create a pocket.
8. Open the pocket and push some of the filling inside.
9. Close the open end and wrap the chicken in the parma ham or bacon. Secure it with a wooden cocktail stick.
10. Sear (fry quickly) the chicken breast on both sides in a frying pan in hot oil, until it is brown.
11. Then place on a baking tray and roast in the oven for 25 minutes.

## Recipe: Chicken Tagine

### Ingredients:

2 chicken thighs, legs and wings  
1 onion chopped  
2 tsp grated fresh root ginger  
1 tbsp honey  
400g carrot cut into sticks  
small bunch parsley roughly chopped  
1 lemon

### School will provide:

2 tbsp oil  
pinch turmeric

### Container:

Casserole dish with lid or tagine

### Method

1. Chop the onion.
2. Peel and grate the root ginger.
3. Zest and juice the lemon.
4. Heat the oil in saucepan, add the chicken, then fry quickly until lightly coloured.
5. Add the onion and ginger, then fry for a further 2 mins.
6. Add 150ml water, the turmeric, honey and carrots, lemon zest and juice, season, then stir well.
7. Bring to the boil, cover tightly, then simmer for 30 mins until the chicken is tender.
8. Uncover and increase the heat for about 5 mins to reduce the sauce a little.
9. Sprinkle with parsley and serve with lemon wedges for squeezing over.

## Recipe: Petal Cake

### Ingredients:

#### Cake

- 3 eggs
- 75g caster sugar
- 75g self raising flour

**2 x 18cm cake tins**

### Method

1. Light oven Gas Mark 6, 200°C.
2. Put a circle of greaseproof paper in each tin and grease well.
3. Put eggs and sugar into a large bowl and whisk until thick and pale.
4. Sieve flour onto a plate.
5. **VERY** carefully, use a tablespoon to fold the flour into the egg mixture.
6. Put into tins and bake for 10—15 minutes until golden brown and firm to the touch.

### Ingredients:

#### Filling

- 250g strawberries
- 200ml to 300ml of double or whipping cream
- 1 level tablespoon of icing sugar

**Tin to carry petal cake home**

### Method

1. Put 3 pieces of fruit for decoration onto a plate. Chop the remaining fruit.
2. Whip cream carefully until it forms soft peaks. Put 2 tablespoons into a piping bag.
3. Fold chopped fruit into the cream.
4. Cut 1 cake into 8 pieces.
5. Spread cream and fruit on the uncut cake.
6. Arrange 6 x cake pieces on top of the cream.
7. Sieve icing sugar onto of the cake
8. Pipe a rosette of cream onto each piece of cake, top with a piece of fruit.

## **Recipe: Potato rosti**

### **Ingredients:**

1 large floury potatoe  
2-3 tbsp butter

### **School will provide:**

2 tablespoons oil  
Salt and pepper

### **Method**

1. Peel the potato.
2. Grate the potato coarsely into a clean tea towel.
3. Fold the towel around the potato to form a ball and squeeze to remove as much moisture as possible.
4. Season the potato with salt and black pepper, then divide into two equal portions.
5. Heat a frying pan over a medium heat and add the butter and the sunflower oil.
6. Place a metal chef's ring inside the frying pan carefully fill with the one portion of grated potato. Using the back of a spoon gently push down to make a compact cake. Remove the ring and repeat with the remaining potato until you have two rösti.
7. Fry the rösti for 3-4 minutes on both sides, or until golden-brown all over.
8. remove from the pan and drain on kitchen paper.

## **Recipe: Poached egg**

### **Ingredients:**

1 Fresh egg

### **School will provide:**

2 tsp vinegar  
Salt and pepper

### **Method**

1. Make sure that your egg is really fresh.
2. Bring a pan 1/2 full of water to a simmer.
3. Add the vinegar.
4. Break the egg into a small bowl or cup.
5. Create a whirlpool in the water.
6. Slowly tip the egg into the water.
7. Cook for 3 minutes.
8. Remove with a slotted draining spoon.
9. Drain on kitchen paper.
10. Trim the edges with a spoon/ scissors.
11. Serve on top of your rosti.

## **Recipe: German Mince Pies**

### **Ingredients:**

#### **Pastry**

- 100g plain flour
- 75g butter/ block fat
- 15g icing sugar

#### **Filling**

½ jar mincemeat

### **Ingredients:**

#### **Topping**

- 225g Plain flour
- 225g Soft fat
- 50g Icing Sugar

**Tin or container to take your product home**

### **Method**

#### **Pastry**

**(Stages 1 to 4 can be done in the food processor)**

1. Sieve the icing sugar and plain flour together.
2. Cut the butter into chunks and add to the flour.
3. Rub the butter into the flour.
4. Bring together with your hand and knead until soft.
5. Wrap in cling film and chill for 30 minutes.
6. Roll out the pastry, cut out 12 bases using the largest cutter and gently place in the bun tins.
7. Add one teaspoon of mincemeat to the pastry.

### **Method**

#### **Topping.**

1. Prepare oven 180°C / Gas 4
2. Soften the fat.
3. Sieve the flour and icing sugar together.
4. Gradually add to the fat and beat until soft.
5. Add the mixture to a piping bag.
6. Pipe around the edge of the pastry leaving a small hole in the middle.
7. Cook 180°C / Gas 4 for 20-25 minutes until golden.
8. When cooled sieve icing sugar on the surface.