

Get Cooking!

Islington Healthy Schools Recipe Book



Acknowledgements

This recipe book was developed, compiled and written by Angela Moodie and Marjon Willers.

Thanks to all the Islington schools that have helped in the development of this recipe book; cooking delicious food and enjoying their work with children and families.

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Contents

Introduction	4
Guide to healthy eating	5
Food hygiene	7
Kitchen safety	8
Cooking tips	9
Planning the cookery lesson or session	10
Equipment list	13
Conversion tables	14
Cooking terms	15
Recipes	
■ Breakfast ideas	19
■ Starters, salads and dips	35
■ Soups	49
■ Pasta, rice and potatoes	57
■ Fish	71
■ Meat	79
■ Vegetarian	89
■ Bread and bakes	105
■ Desserts	131
Appendices	
Food Standards Agency Food core competences	152
Further resources	156

Introduction

This recipe book has been developed by the Islington Healthy Schools Team. It is packed with easy, tasty recipes for primary and secondary school children. Many of the recipes are based on the favourites that children may eat at school or at home, such as spaghetti bolognese, homemade pizza, fruit crumble and flapjacks.

All the recipes are easy to follow, have a clear list of ingredients, equipment and handy teaching points. They have also been classified with a level to indicate the suitability of the recipe for each age range or key stage.

Information and tips on healthy eating, hygiene and food safety, cooking skills, cooking terms and cookery conversion tables are also included to assist and support teaching staff.

Angela Moodie, cookery and healthy eating consultant, and Marjon Willers, specialist dietitian for schools, have collated and developed the recipes, using their experience of working with schools and others to increase the amount of cooking with children and young people. The recipe book has been produced and funded by the Islington Healthy Schools Programme and is to be used as an educational resource within Islington schools, PRUs and early years settings.

In Islington we take the health and wellbeing of children very seriously. We look to support children and young people to make healthy choices and are committed in engaging them to learn to cook, serve and enjoy balanced, tasty dishes; supporting them to gain these essential life skills.

We know that teaching children and young people how to cook will help them to get the most out of their school day and support their long-term health. To celebrate the diverse community in which we live, we have produced a cook book with fun, mostly quick, easy to make and nutritionally balanced recipes. The recipes have been specifically chosen to fit within lessons at school or the extended school day. We therefore urge all schools to use this valuable resource to increase the opportunities for children and young people to learn to cook.

Guide to Healthy Eating

The steady rise of diet-related diseases and obesity in the population of the UK is a major source of concern to health professionals and to the government. It is now recognised that most of us in the UK, and especially children and young people, eat a diet that is too high in fat, sugar and salt, too low in fruit and vegetables, and that we need to change our eating habits. In Islington we are particularly concerned about the health and wellbeing of children and young people, as childhood obesity figures are above the national and London averages.

The eatwell plate is a pictorial food guide showing the proportion and types of food needed for a healthy and balanced diet. It has been produced by the government to make healthier eating easier to understand and it is therefore recommended that all schools use this when teaching healthy eating.

No single food contains all the essential nutrients the body needs to be healthy and function efficiently. Foods contain different vitamins and minerals, therefore a healthy diet is a balance of different food groups with a variety of foods. This will help to ensure all the necessary nutrients are provided.



The eatwell plate shows the types of foods that fit into the five food groups and the proportions of these foods that should be eaten from each group. More foods should be eaten from the bread, rice, potatoes, pasta and other starchy foods group and the fruit and vegetables group, compared with the milk and dairy foods group and meat, fish, eggs, beans and other non-dairy sources of protein group. People should be encouraged to choose a variety of foods from these four groups every day to ensure that they get all of the nutrients required for their bodies to grow, develop and/or function properly and stay healthy. Foods in the smallest group, foods and drinks high in fat and/or sugar add choice and palatability, but foods from this group should be used sparingly.

The balance does not need to be achieved at every meal, but should be aimed for across all of the meals and snacks in a whole day. The amounts that should be consumed will depend on age and physical activity levels.

The eatwell plate is based on the '8 tips for making healthier choices':

1. Base your meals on starchy foods
2. Eat lots of fruit and vegetables
3. Eat more fish
4. Cut down on saturated fat and sugar
5. Try to eat less salt – no more than 6g a day
6. Get active and try to be a healthy weight
7. Drink plenty of water
8. Do not skip breakfast

The 8 tips are practical suggestions to make a diet healthier and more balanced.

The eatwell plate and 8 tips apply to most people: vegetarians, people of all ethnic origins and people who are a healthy weight for their height, as well as those who are overweight.

Food Hygiene

- 1 Always wash hands thoroughly before handling food.
- 2 Prepare and store raw meat and fish separately from foods that may not need cooking. Raw meats and fish should be covered and stored underneath cooked food. Any juices from the raw food cannot then drip on to cooked foods or foods which are eaten raw, such as salads.
- 3 Use separate chopping boards for raw meat, cooked food and fresh vegetables.
- 4 Tie back long hair and wear a clean apron.
- 5 Wash fruits and vegetables before use.
- 6 Only use ingredients that are before the **use-by** date shown on the pack. After this date you cannot be sure that the food is safe to eat - even if you cook it thoroughly. Eating food after its **best before** date means it will not be as good, but does not carry the same risk as using foods after their use-by date.
- 7 Always check that food is fully cooked before serving.
- 8 Only re-heat food once and check it is piping hot right the way through.
- 9 Defrost food thoroughly before use.
- 10 Cover cuts/sores with a clean plaster (preferably a blue plaster).
- 11 Keep the kitchen clean. Put rubbish in the bin.
- 12 Always wash up using hot soapy water, use clean tea towels and dishcloths when clearing up.
- 13 Do not eat food containing uncooked eggs, as they may contain salmonella. Store eggs in the fridge.
- 14 Keep hot foods hot and colds food cold. Don't leave them standing around for a long time so that they reach room temperature.
- 15 Keep the coldest part of your fridge at 0 – 5°C to restrict the growth of food poisoning bacteria. Check this by using a fridge thermometer.



Kitchen Safety

- 1 Handle sharp knives with care.
- 2 Wipe up all spillages on the floor immediately.
- 3 Turn pan handles inwards when cooking.
- 4 Turn off cookers after use.
- 5 Always use oven gloves when handling hot food from the oven.
- 6 Never run in the kitchen.
- 7 Keep water away from electrical equipment.
- 8 Do not leave food unattended on the hob.
- 9 Do not put metal in the microwave.
- 10 Store bags and coats in a safe area.
- 11 Store chairs/stools under tables or in a safe area when cooking.



Cooking Tips

Here are some tips you may find useful to consider before planning to cook with pupils.

- 1 Before planning any cooking or tasting with pupils it is essential to get parental permission and establish whether the child has any food allergies, food intolerance or is unable to handle or eat food on religious or ethical grounds.
- 2 Pupils should learn the basic principles of food safety before participating in any practical food work.
- 3 Use the level descriptors we have provided to plan appropriate recipes for the age of the pupils being taught.
- 4 Decide how the recipe sheet will be given to the pupils - printed out and put in plastic wallets, or used straight from the recipe book.
- 5 Establish who is responsible for paying and for purchasing the ingredients – this will be dependent upon school policy and will differ between schools.
- 6 Ensure there is an appropriate place to store the ingredients and equipment.
- 7 Ensure the cooking equipment and cooking area is clean and safe to use.
- 8 Plan food demonstrations as part of the lesson to show particular food skills, such as cutting techniques or how to use equipment, thereby engaging pupils' interest and supporting them to learn. Demonstrations should be planned in advance and coincide with the lesson objectives.

Planning the Cookery Lesson or Session

In Islington we recommend that children progress in their cooking skills, from being closely supervised at key stage 1 to cooking more independently thereafter.

From our experience, this progression supports children and young people to have the confidence to prepare and cook healthy meals and make healthy food choices.

To help you plan your cookery lesson or session we have used the old food competences from the British Nutrition Foundation to indicate the level of cooking skills involved in each recipe. We have also included the new Food Standards Agency's food core competences as an appendix. These competences are a useful reference guide when developing and planning practical lessons.

Level Descriptors

Level 1: These recipes are considered to be suitable for KS1

They provide opportunities for children aged 5-7 years to:



Food Preparation Skills

- Identify and use a range of simple hand tools;
- Demonstrate a range of skills, e.g. slice, chop, wash, grate, peel, spread;
- Prepare simple dishes, e.g. fruit salad, sandwich, toast, salad;
- Prepare food for themselves and friends, with help;
- Understand that some tools have special jobs, e.g. whisk, peeler, toaster;
- Recognise a range of basic ingredients, e.g. fruit, vegetables, bread, meat, fish, milk, eggs;
- Perform preference tests for tasting.

Food Safety and Hygiene

- Understand that dirty food is dangerous because it contains large numbers of microbes which may cause food poisoning;
- Understand that different types of foods need to be stored in different ways, e.g. cupboard, fridge, freezer;
- Demonstrate safety and cleanliness in practical work, e.g. wash hands, wear an apron, tie back long hair, do not cough over food;
- Recognise that some foods must be washed or cooked before eating;
- Use equipment safely.

* Even though it is recommended that children below the age of 7 years do not use heat or electrical equipment when preparing or cooking food, we suggest that these recipes can be used for this age group. This way children can see, through teachers' demonstrations, safe working practices when using the cooker and electrical equipment.

Level 2: These recipes are considered to be suitable for KS2 pupils



They provide opportunities for pupils aged 7-11 years to:

Food Preparation Skills

- Demonstrate an increasing range of practical food handling skills, e.g. kneading, creaming, grating, mixing;
- Understand that there are different methods of cooking, e.g. grilling, baking, frying, roasting (i.e. heat transfer);
- Weigh and measure accurately;
- Describe, with reasons, the effect of heat on taste, texture, odour and appearance;
- Demonstrate a range of shaping and finishing techniques;
- Prepare and cook simple dishes, e.g. boiled egg, grilled bacon, a sandwich filling, bread or biscuits (i.e. follow a recipe/set of instructions);
- Select and use appropriate tools when preparing and cooking food;
- Perform preference and discrimination sensory tests for tasting.

Food Safety and Hygiene

- Understand that food can spoil and decay due to microbes, insects and other pests;
- Understand that microbes need food, warmth, moisture and time to multiply;
- Understand that food hygiene means preventing contamination by safe handling and storage, so that food is safe to eat;
- Apply good personal hygiene practices;
- Use information provided on food labels to store food products safely;
- Use cold storage, e.g. chill, freeze, to avoid multiplication of microbes;
- Organise a clean and safe food preparation area;
- List ways to ensure food hygiene while they are working.

Level 3: These recipes are considered to be suitable for KS3 and KS4 pupils



They provide opportunities for pupils aged 11-14 years to:

Food Preparation Skills

- Demonstrate a range of different preparation techniques and cooking methods;
- Take into account the effect of different preparation and cooking methods on energy and nutrients;
- Consider the aesthetics of food presentation;
- Take into account knowledge about diet and health to prepare healthy balanced dishes;
- Understand and apply aspects of food science in food preparation and cooking;
- Select the most appropriate sensory test for tasting.

Food Safety and Hygiene:

- Avoid cross contamination during food preparation and cooking;
- Chill and cook food thoroughly, understanding the reasons why;
- Understand the different microbiological principles upon which food preservation is carried out;
- Plan and carry out practical tasks safely and hygienically.

They provide opportunities for pupils aged 14-16 years to:

Food Preparation Skills

- Demonstrate competence in a range of practical food skills to prepare and cook healthy, balanced (and tasty) meals for their own (and others') needs;
- Apply knowledge and understanding of equipment and cooking methods to prepare and cook healthy balanced (tasty) meals for their own (and others) needs;
- Consider the organoleptic qualities of food;
- Apply food safety skills when purchasing, storing, preparing, cooking serving and keeping prepared food;
- Understand the functionality of food ingredients;
- Use appropriate sensory evaluation tests to help modify food dishes.

Food Safety and Hygiene

- Apply knowledge and understanding of food safety principles when undertaking food preparation, e.g. food poisoning bacteria grow in warm, moist conditions with plenty of food and time (temp control);
- Implement basic food hygiene rules when undertaking food preparation, e.g. wash hands, keeping raw and cooked food separate;
- Read, understand and use date-mark and storage instructions on food labels;
- Demonstrate good practice in food handling.

Equipment List

Food preparation

- Sharp knives
- Palette knives
- Peelers
- Graters
- Garlic crushers
- Chopping boards – colour coded
- Potato mashers
- Colanders
- Lemon squeezers
- Pastry brushes
- Wooden kebab skewers
- Rolling pins
- Can openers
- Sieves
- Heatproof plastic mixing spoons
- Slotted spoons
- Heatproof plastic spatulas
- Fish slices
- Rotary and hand whisks
- Kitchen timers
- Tongs

Weighing and measuring

- Measuring spoons
- Tablespoons
- Teaspoons
- Measuring jugs
- Weighing scales

Saucepans

- Large saucepans with lids (5ltr)
- Medium saucepans with lids (3ltr)
- Small saucepans with lids (1ltr)
- Non-stick frying pans (20cm)
- Woks

Bowls

- Large plastic and glass mixing bowls (3ltr)
- Medium plastic and glass mixing bowls (2ltr)
- Small plastic and glass mixing bowls (1ltr)

Baking

- Round and square sandwich cake tins (18cm)
- Round springform cake tins (18cm)
- Pie dishes (20cm)
- Loaf tins (20cm)
- Non-stick bun trays or silicone bun trays
- Non-stick Muffin trays or silicone muffin trays
- Non-stick baking trays (30cm x 20cm)
- Paper cakes cases and muffin cases
- Biscuit / pastry cutters (7.5cm & 9cm)
- Oven proof dishes (2ltr & 3ltr)
- Pudding basins (2ltr)
- Oven gloves
- Cooling racks

Electrical equipment

- Microwave oven (particularly useful where there is no food technology room)
- Boiling rings (particularly useful where there is no food technology room)
- Mini oven and hob (particularly useful where there is no food technology room)
- Electric hand mixers
- Food processors
- Electric hand blenders
- Ice-cream makers
- Kettles
- Toasters

Storage and takeaway containers

- Airtight storage containers (dry ingredients)
- Foil containers (take food home)
- Paper or plastic food bags (take food home)

Class sets

- Cutlery
- Cups
- Plastic beakers
- Straws
- Plates
- Bowls
- Plastic trays
- Aprons or plastic disposable aprons

Serving

- Large serving plates and dishes
- Large serving bowls
- Serving spoons
- Pasta bowls
- Egg cups
- Salad servers

Cooking area

- Plastic table covering
- Tea-towels or blue kitchen roll
- Dishcloths or disposable cloths
- Hand wash gel
- Aluminium foil
- Cling film
- Kitchen towels
- Anti-bacteria spray
- Washing up liquid

Conversion tables

Weights

Metric	Imperial
10g	½ oz
20g	¾ oz
25g	1 oz
40g	1½ oz
50g	2 oz
60g	2½ oz
75g	3 oz
110g	4 oz
125g	4½ oz
150g	5 oz
175g	6 oz
200g	7 oz
225g	8 oz
250g	9 oz
275g	10 oz
350g	12 oz
450g	1 lb
700g	1 lb 8 oz
900g	2 lb
1035g (1.35kg)	3 lb

Liquids / volumes

Metric	Imperial
55ml	2 floz
75ml	3 floz
150ml	5 floz (¼ pint)
275ml	10 floz (½ pint)
570ml	1 pint
725ml	1¼ pints
1 litre (1000ml)	1¾ pints
1.2 litres	2 pints
1.5 litres	2½ pints
2.25 litres	4 pints

Oven temperatures

Celsius	Fahrenheit
140°C	275°F
150°C	300°F
170°C	325°F
180°C	350°F
190°C	375°F
200°C	400°F
220°C	425°F
230°C	450°F
240°C	475°F

Gas Mark	Description
Gas 1	Cool
Gas 2	Cool
Gas 3	Very moderate
Gas 4	Moderate
Gas 5	Moderate
Gas 6	Moderately hot
Gas 7	Hot
Gas 8	Hot
Gas 9	Very Hot

Dimensions

Metric	Imperial
3mm	⅛ inch
5mm	¼ inch
1 cm	½ inch
2 cm	¾ inch
2.5 cm	1 inch
3 cm	1¼ inch
4 cm	1½ inch
4.5 cm	1¾ inch
5 cm	2 inch
6 cm	2½ inch
7.5 cm	3 inch
9 cm	3½ inch
10 cm	4 inch

Metric	Imperial
13 cm	5 inch
13.5 cm	5½ inch
15 cm	6 inch
16 cm	6½ inch
18 cm	7 inch
19 cm	7½ inch
20 cm	8 inch
23 cm	9 inch
24 cm	9½ inch
25.5 cm	10 inch
28 cm	11 inch
30 cm	12 inch

Cooking terms

Aerate:	To incorporate air into a cooking mixture to make it lighter by sifting or whisking.	Chill:	To cool food by placing it in a refrigerator or in a bowl over crushed ice.
Al dente:	Tender but firm to the bite, e.g. cooked pasta.	Chop:	To cut food into small pieces.
Au gratin:	A dish coated in sauce, sprinkled with cheese or crumbs and browned in the oven or under the grill.	Chunks:	Pieces of food, much larger than diced food.
Bake:	To cook food in oven.	Colander:	Metal or plastic bowl-like container with handles and holes; used for draining foods like pasta, peas and potatoes.
Baking beans:	Dried beans or peas that are used to hold down pastry in a flan tin when baking it without a filling. Just line the pastry with greaseproof paper and place the beans on top. You can get special ceramic or metal shapes for this, but dried beans do the job just as well.	Coat:	To thoroughly cover food with a liquid or dry mixture.
Batch:	Several breads, cakes or biscuits cooked together.	Combine:	To mix or blend two or more ingredients together.
Beat:	To soften and mix an ingredient; this is usually done with a wooden spoon.	Cool:	To let food stand until it no longer feels warm to the touch.
Bind:	To hold together the other ingredients, using eggs for example.	Cream:	To beat butter and sugar or margarine and sugar with a spoon or an electric whisk until they form a smooth, pale, cream-like mixture; usually used when making cakes.
Blanch:	To plunge fruits or vegetables into boiling water.	Crush:	To pulverise food to small particles, usually using a pestle and mortar, or a rolling pin.
Blend:	To mix; usually the foods that are blended are mixed until they become smooth.	Dice:	To cut foods into small squares.
Boil:	Cook food in a generous amount of liquid, which should bubble continuously. (Boiling temperature of water is 100°C)	Dot:	To place small pieces of butter or other food on the surface of a food.
Bouquet garni:	A mixture of herbs used to flavour soups, stews and sauces, etc.	Drain:	To pour off the water from foods that have been soaked or cooked, either with a sieve or colander.
Caramelize:	To heat sugar until light brown with a characteristic flavour. The temperature range in which sugar caramelises is approximately 160°C to 182°C.	Drizzle:	To sprinkle drops of oil, or other liquids, over the surface.
		Drop:	Using a spoon to drop cake or biscuit mixture onto a baking tray.
		Dust:	To lightly sprinkle the surface of a food with sugar, flour or crumbs.

Egg Wash:	A mixture of beaten eggs, sometimes with a little added milk or water. Used to coat biscuits or pastry to give a shine when baked.	Julienne:	Food which is cut into thin strips, to a thickness of approximately 2mm and a length ranging from 2.5cm to 5cm.
Emulsion:	A mixture of liquids (one fat or oil and the other water-based) in which tiny globules of one are suspended in the other. This may involve the use of stabilisers, such as egg or mustard. Emulsions may either be temporary or permanent.	Knead:	To work dough by pressing it with the heels of the hand, folding it, turning it, and repeating each motion until the dough is smooth and elastic.
Garnish:	To finish a recipe with a savoury decoration, perhaps a sprig of watercress, some herb leaves, a few chopped nuts or a sprinkle of paprika.	Marinade:	Soaking food in a seasoned liquid to tenderise and impart flavour before cooking, e.g. preparing Jerk chicken.
Glaze:	A liquid that gives an item a shiny surface – e.g. fruit jams that have been heated, or beaten egg (egg wash) brushed onto pastry before baking.	Mash:	To break food by pressing it with the back of a fork, a masher or forcing it through a ricer.
Gluten:	The protein in wheat flour that gives dough its characteristic elasticity.	Par-boil:	A process of cooking food, (especially vegetables) in boiling water for a short time to retain the colour and firmness, and to preserve the nutrients.
Grease:	To brush baking tins with a special cook's brush dipped in a little oil so that cakes, biscuits or pastries do not stick during baking.	Pipe:	To force icing or similar through a piping bag to decorate a food – different nozzles give different effects.
Grill:	To cook foods under the grill.	Punch down:	To push a fist firmly into the top of yeast dough that has completed the first rising.
Flake:	To break into small delicate pieces with a fork.	Preheat:	To heat the oven, grill or toaster to a desired temperature before inserting the food.
Flute:	To create a decorative scalloped or undulating edge on a pie crust or other pastry.	Puree:	To squash fruit or vegetables in a liquidizer, food processor or by pressing through a sieve to make a smooth, sauce-like mixture.
Fillet:	A cut of fish or meat that has had the bones and skin removed.	Rest time:	A gap in time between handling yeast dough. Always cover resting dough so a 'skin' doesn't form. Turn a bowl over it or cover with plastic wrap.
Fold:	To incorporate a delicate mixture into a thicker, heavier mixture with a whisk or rubber spatula without stirring, so that the finished product remains light.		
Fry:	To cook foods in a frying pan on the hob with a little oil or butter.		

Roux:	Melted butter or fat combined with an equal amount of flour; used for thickening sauces, e.g. cheese sauce.
Score:	To make small, shallow cuts on the surface.
Sear:	To brown the surface of a food very quickly with high heat.
Season:	To add pepper and salt, herbs, or spices to adjust the flavour.
Separate:	To remove the yolk from the white of the egg.
Shred:	To cut or break into thin pieces.
Sift:	To sift flour and dry ingredients through a sieve. Flour will pack down due to its own weight. Sifting incorporates air into the flour.
Simmer:	To cook in liquid that is barely at boiling point.
Steam:	To cook with vapour produced by a boiling liquid.
Steep:	To soak in hot liquid.
Stock:	A stock is a flavoured liquid. It forms the basis of many dishes, particularly soups and sauces. Stock can be prepared by dissolving a stock cube in to a litre of boiling water.
Strain:	To separate solid from liquid.
Thicken:	To make a liquid dense by adding flour, cornstarch, egg yolks, rice or potatoes.
Vent:	To leave an opening through which steam can escape, e.g. top of pastry on a pie.
Whip:	To beat quickly and steadily by hand with a whisk or electric mixer.
Zest:	The thin, brightly coloured outer part of the rind of citrus fruits. It contains volatile oils, used as flavouring.



Breakfast Ideas



Recipe	Preparation time	Cooking time	Level
Baked English Breakfast	10 minutes	30 minutes	
Boiled Eggs	1 minute	10 minutes	
Cinnamon Toast Crunch	10 minutes	5 minutes	
Eggs Benedict	10 minutes	10-15 minutes	
Frittata with Prawn, Courgette and Tomato	15 minutes	15 minutes	
Fruit Smoothie	10 minutes	0 minutes	
Huevos Rancheros	20 minutes	15 minutes	
Kedgeree	15 minutes	20-25 minutes  Microwave method	
Muesli	20-30 minutes	10 minutes	
Oats with Fresh Fruit and Yoghurt	15 minutes	0 minutes	
Omelette	5 minutes	10 minutes	
Poached Egg	5 minutes	3-5 minutes	
Porridge	15 minutes	5 minutes Microwave option	
Scrambled Eggs	5 minutes	5 minutes	

Baked English Breakfast



L Prep: 10 minutes

L Cook: 30 minutes

 Serves: 2

Recipe info

Ingredients

2 tomatoes
8 mushrooms
2 sausages
2 rashers of lean bacon
2 eggs
Oil for greasing
Salt and pepper
2 - 4 slices of bread

Equipment

Chopping board
Sharp knife
Pastry brush
2 x 20cm baking trays
Oven gloves
Aluminium foil
Toaster



Description

This is a tasty and healthier alternative to the traditional English fried breakfast.

Method / What to do

1. Preheat the oven to 200°C / gas mark 6.
2. Cut the tomatoes in half, wash the mushrooms and remove the stems.
3. Lightly grease the 2 baking trays, place a sausage in each and bake for 10 minutes.
4. Turn the sausages by shaking the tray, then add the bacon, tomatoes and mushrooms to each tray. Bake for a further 10 minutes.
5. Remove the baking trays from the oven and shuffle around the ingredients to make room for the eggs.
6. Carefully crack an egg into each baking tray and season with a little salt and pepper to taste.
7. Return the baking trays to the oven and cover them over with foil.
8. Bake for 6 – 8 minutes or until the eggs are cooked to your liking.
9. Meanwhile toast the bread.
10. Serve with toast.

Teaching points

- ⦿ Eggs should be stored in the refrigerator, as their freshness quickly deteriorates with increases in temperature.
- ⦿ Remove eggs from the fridge 20 – 30 minutes before use for best results.
- ⦿ Cooking eggs until they have a firm egg yolk is recommended for young children to reduce the risks of salmonella food poisoning.
- ⦿ Buy eggs which have the Lion Quality mark on the eggshell and egg box, as this means that the eggs have been produced to the highest standards of food safety.

Boiled Eggs



L Prep: 1 minute

L Cook: 10 minutes

 Serves: 1

Recipe info

Ingredients

1 medium-sized egg
½ litre water
1-2 slices of bread
Butter or margerine for spreading
Salt

Equipment

Small saucepan
Kitchen timer
Slotted spoon
Toaster
1 egg cup
Plate
Table knife

Description

A healthy way to cook eggs that can be used in a variety of meals.

Method / What to do

1. Place the egg in the pan.
2. Add water, make sure the egg is covered.
3. Add pinch of salt and place the pan on the hob on a high heat.
4. When the water is almost boiling, gently stir the water and set a kitchen timer for one of the timings below:
 - 4 minutes for slightly set yolk and set white.
 - 5 minutes for firmer yolk and white.
 - 6 minutes for hard boiled with lightly soft yolk.
 - 7 minutes for firmly hard boiled.
5. Reduce heat slightly to keep water bubbling but not fast boiling and stir the water once more.
6. Once cooking time is complete, remove the egg from pan with the slotted spoon, then run the egg under cold water for a few seconds,
7. Meanwhile toast and butter the bread.
8. Place the egg in an egg cup and serve with the toast.

Teaching points

- ⊙ Cooking eggs until hard boiled is recommended for children aged 5 years old and under to reduce the risk of salmonella food poisoning.
- ⊙ To prevent the egg cracking, make a small pin prick in the shell at the rounded end to allow the steam to escape.
- ⊙ Eggs should be stored in the refrigerator, as their freshness quickly deteriorates in warmer temperatures.
- ⊙ Remove eggs from the fridge 20 – 30 minutes before use for best results.
- ⊙ Buy eggs which have the Lion Quality mark on the eggshell and egg box, as this means that the eggs have been produced to the highest standards of food safety.




Cinnamon Toast Crunch



L Prep: 10 minutes

L Cook: 5 minutes

 Serves: 4

Recipe info

Ingredients

Dried pears or apples
4 slices of wholemeal bread
4 tsp butter
1 tsp demerara sugar
4 tsp ground cinnamon
4 bananas
100g mixed berries

Equipment

Chopping board
Sharp Knife
Toaster
Table knife
Teaspoon
Plate

Description

A good way of using up leftover bread. The cinnamon adds a lovely flavour.

Method / What to do

1. Cut pears or apples into thin slices.
2. Toast both sides of bread until brown.
3. Spread the butter on the toast and sprinkle them evenly with sugar and cinnamon.
4. Place under a hot grill until the sugar bubbles.
5. Slice the bananas.
6. Allow to cool slightly and top with banana, mixed berries, dried pears and apples.



Eggs Benedict



⌚ Prep: 10 minutes

⌚ Cook: 10-15 minutes

🍴 Serves: 2

Recipe info

Ingredients

Water for poaching
2 large eggs
1 English muffin
2 tsp butter or margarine
2 slices ham

For the sauce

1 large egg
1 ½ tbsp white wine vinegar
50g butter
Salt and pepper

Equipment

Small glass bowl
Measuring spoons
2 small saucepans
Whisk
Weighing scales
Frying pan
Table knife
Toaster
Slotted spoon
2 Plates



Description

A truly classic British breakfast served with hollandaise sauce.

Method / What to do

For the sauce

1. Separate the egg yolk from the white and put the yolk into a glass bowl.
2. Place the vinegar in the saucepan and simmer until the liquid has reduced by half.
3. Add the vinegar to the egg yolk and set the bowl over a pan of gently simmering water.
4. Whisk the egg yolk and vinegar for 2 minutes
5. Gently melt the butter in a small pan.
6. Gradually whisk the butter into the mixture until it has thickened.
7. Remove bowl from the heat and set aside.

To complete

8. Pour 5cm depth of water into the frying pan and bring to a gentle simmer.
9. Carefully crack the eggs into the simmering water and simmer for 2 - 3 minutes or until the eggs are poached to your liking, (see Poached Egg recipe on page 31).
10. Cut the muffin in half and put in the toaster, then lightly spread each slice with butter or margarine.
11. Remove the eggs with a slotted spoon.
12. Place a muffin slice on each plate, top with the slices of ham, then place a poached egg on top. Sprinkle with salt and pepper.
13. Spoon a little sauce over each and serve.

Teaching point

- ☉ Buy eggs which have the Lion Quality mark on the eggshell and egg box, as this means that the eggs have been produced to the highest standards of food safety.



Frittata with Prawn, Courgette and Tomato

L Prep: 15 minutes

L Cook: 15 minutes

 Serves: 4

Recipe info

Ingredients

1 courgette
1 tomato
1 clove garlic
1 tbsp olive oil
50g cooked prawns
4 large eggs
Salt and pepper

Equipment

Chopping board
Sharp knife
Garlic crusher
Measuring spoon
Medium frying pan
Mixing spoon
Weighing scales
Small bowl
Fork
Plate

Description

An Italian-type omelette which can easily be served as a light lunch, breakfast or starter. It is nice eaten both hot or cold.

Method / What to do

1. Wash and dice the courgette, deseed and chop the tomato and crush the garlic. Set aside to add later.
2. Heat the oil in the frying pan, add the courgette and sauté over a high heat for 4 minutes or until lightly browned.
3. Add the garlic, chopped tomato and prawns to the pan and sauté for 2 minutes.
4. Crack the eggs into the bowl. Add some salt and pepper and beat using a fork.
5. Pour the egg mixture into the pan, stir for 1 minute then shake the pan to level the surface. Cook for a further 3 – 4 minutes.
6. Remove the pan from the heat and put under a hot grill for 2 minutes until the top has set and looks golden brown.
7. Serve the frittata in wedges with a green salad.

Teaching points

- ⦿ Eggs should be stored in the refrigerator, as their freshness quickly deteriorates in warmer temperatures.
- ⦿ Remove eggs from the fridge 20 – 30 minutes before use for best results.
- ⦿ Buy eggs which have the Lion Quality mark on the eggshell and egg box, as this means that the eggs have been produced to the highest standards of food safety.




Fruit Smoothie



L Prep: 10 minutes

L Cook: 0 minutes

 Serves: 2

Recipe info

Ingredients

200g soft fruit such as strawberries or raspberries
1 ripe banana
240ml yoghurt
120ml milk
4 large ice cubes (optional)

Equipment

Colander
Weighing scales
Chopping board
Sharp knife
Blender (or food processor)

Description

A tasty and healthy accompaniment to a breakfast, which will give you that extra get up and go!

Method / What to do

1. Wash the soft fruit.
2. Chop the soft fruit.
3. Peel and chop the bananas.
4. Place all ingredients into a blender or fruit processor.
5. Whizz until smooth and frothy, about a minute.

Teaching points

- ⊙ Use fruit that is in season.
- ⊙ Bananas discolour quickly. If the smoothie is not immediately served, add 1 tablespoon of lemon juice.

Variations

- ⊙ Mix and match with all sorts of fruit, even add some vegetables for an extra boost in the morning!
- ⊙ Replace the milk (and yoghurt) with juice.
- ⊙ Use canned fruit in fruit juice to replace all or some of the fresh fruit.



Huevos Rancheros



L Prep: 20 minutes

L Cook: 15 minutes

 Serves: 6

Recipe info

Ingredients

2 avocados
1 lemon
100g cheddar cheese
6 large eggs
2 small pita breads

For the sauce

1 onion
400g can chopped tomatoes
1 tbsp oil
2 tbsp chilli sauce
Pinch salt

Equipment

Chopping board
Sharp knife
Lemon squeezer
Measuring spoon
Weighing scales
Grater
Large frying pan
Can opener
Mixing spoon
6 plates

Description

Try eggs cooked in a traditional Mexican way.

Method / What to do

1. Peel and remove the stone from the avocado and cut into slices.
2. Cut the lemon in half and squeeze. Put 2 – 3 teaspoons of juice over the avocados to stop them going brown.
3. Grate the cheese.
4. To make the sauce peel and finely chop the onion. Heat the oil in the frying pan and add the chopped onion.
5. Fry until soft, then add the chopped tomatoes, chilli and salt to taste. Simmer until fairly thick.
6. Poach the eggs (see poached eggs recipe on page 31).
7. Warm the pita bread under the grill or in a toaster.
8. Place a pita bread on each plate. Top with an egg and spoon some sauce around the egg and garnish with slices of avocado and grated cheese.


Teaching point


- ☉ Buy eggs which have the Lion Quality mark on the eggshell and egg box, as this means that the eggs have been produced to the highest standards of food safety.




Kedgeree



 Microwave method

 Prep: 15 minutes

 Cook: 20-25 minutes

 Serves: 6

Recipe info

Ingredients

3 tbsp fresh parsley
225g long grain white rice
450g smoked haddock fillets
3 tbsp milk
50g butter
3 tbsp crème fraîche
Salt and pepper
1 lemon
1 boiled egg (see page 21)

Equipment

Sharp knife
Small chopping board
Weighing scales
Kettle
Large glass bowl
Cling film
Sieve
Large ovenproof dish
Measuring spoon
Fork
Mixing spoon
6 plates



Description

This is a tasty breakfast dish which can be quickly made up, thanks to the microwave.

Method / What to do

1. Wash, remove stalks, and chop the parsley.
2. Put the rice and a pinch of salt into a large bowl, pour over enough boiling water to cover the rice, then stir.
3. Cover the bowl with clingfilm and cook in the microwave on HIGH for 10 – 12 minutes or until tender.
4. Drain the rice using a sieve and return to the bowl.
5. Put the haddock and the milk into a large shallow ovenproof dish, cover with clingfilm and cook on HIGH for 4-5 minutes until the fish flakes easily.
6. Remove the skin from the fish, then flake the fish using a fork.
7. Add the rice and the remaining ingredients, except the lemon, to the fish and season to taste.
8. Cook on HIGH for 3 – 4 minutes, stirring occasionally.
9. Remove the kedgeree from the microwave and leave to stand for 2 – 3 minutes.
10. Cut the lemon and boiled egg into slices and serve with the kedgeree.

Teaching points

- ⦿ Fish is a 'high risk' food, remember to reheat only once.
- ⦿ Remember only microwave plastic or glass should be used in the microwave.

Muesli



L Prep: 20-30 minutes

L Cook: 10 minutes



Serves: 4-6

Recipe info

Ingredients

50g dried, ready to eat apricots
50g dried, ready to eat figs
200g jumbo porridge oats
25g flaked bran or wheat germ
75g barley or rye flakes
50g crushed hazelnuts
50g flaked almonds
50g sultanas
Milk and honey to serve

Equipment

Chopping board
Sharp knife
Weighing scales
Baking tray
Oven gloves
Large mixing bowl

Description

For a filling breakfast that will get you through to lunch.

Method / What to do

1. Preheat the oven to 170°C / gas mark 3.
2. Roughly chop apricots and figs.
3. Place the oats, flaked bran or wheat germ, barley or rye flakes, hazelnuts and almonds on a large baking tray and bake for 10 minutes, shaking and turning in the tray half way through. Take the tray from the oven and leave to cool: this should only take about 10 minutes.
4. Mix the toasted ingredients with the sultanas, apricots and figs.
5. Serve with milk and honey.

Variations

- ⦿ These fruits are only a suggestion. You can mix it up to suit your own taste, for example use dried apples, mangoes or cherries.



Oats with Fresh Fruit and Yoghurt



🕒 Prep: 15 minutes

🕒 Cook: 0 minutes

🍴 Serves: 4

Recipe info

Ingredients

2 apples
2 bananas
1 punnet strawberries
1 small bunch grapes
(white or red)
Extra fruit in season such as:
pears, blueberries, blackberries
200g rolled (or porridge) oats
3 tbsp honey
500ml natural yoghurt

Equipment

Colander
Kitchen towel
Sharp Knife
Chopping board
Large mixing bowl
Weighing scales
Mixing spoon
Bowls to serve

Description

This is a great breakfast recipe that children love to make and eat.

Method / What to do

1. Wash the fruit and pat dry with some kitchen towel or leave to dry.
2. Cut the fruit up into bite sized pieces and put into bowl.
3. Add the oats, honey, and yoghurt to the fruit and mix together.
4. Serve in bowls.



Omelette



L Prep: 5 minutes

L Cook: 10 minutes

 Serves: 2

Recipe info

Ingredients

2 large eggs
1 tsp of cold water
Cooking spray
Salt and pepper

Equipment

Small mixing bowl
Fork
Non-stick frying pan
Spatula
Plates

Description

This is a traditional English way of making an omelette, see variations for ideas from other countries.

Method / What to do

1. Gently beat the eggs together with salt, pepper and a teaspoon of cold water.
2. Warm a medium frying pan over a high heat and spray with a thin coating of cooking spray.
3. Pour the egg mixture into the centre of the pan and cook over a high heat for 1 – 2 minutes.
4. As the egg begins to set, use a spatula to push the set egg towards the omelette centre.
5. Cook the set omelette for another minute, then loosen the edges with a spatula and fold the omelette in half.
6. Tilt the pan and slide the omelette onto a warm plate and serve immediately on its own or with a crisp green salad.

Teaching points

- ⊙ Eggs should be stored in the refrigerator, as their freshness quickly deteriorates in warmer temperatures.
- ⊙ Remove eggs from the fridge 20 – 30 minutes before use for best results.
- ⊙ Buy eggs which have the Lion Quality mark on the eggshell and egg box, as this means that the eggs have been produced to the highest standards of food safety.

Variations

- ⊙ Spanish tortilla is a characteristic thick omelette stuffed with fried potatoes and fine cut onion, and cooked in olive oil.
- ⊙ The French omelette is cooked in a very hot pan. It relies on a large amount of clarified butter and is flavoured with tomatoes and finely chopped herbs and onion.
- ⊙ The American omelette is filled with diced ham, onions and green bell peppers. It can also be topped with cheese and be served with hashbrowns or fried potatoes.
- ⊙ Frittata is an open-faced Italian omelette that can contain cheese, vegetables or even leftover pasta.
- ⊙ An Indian omelette is usually made with finely chopped green chillies, chopped onions, coriander leaf or powder.




Poached Egg



L Prep: 5 minutes

L Cook: 3-5 minutes

 Serves: 2

Recipe info

Ingredients

Water for boiling
Pinch salt
Dash of vinegar
1 egg
Salt and pepper

Equipment

Large saucepan
1 plate
Kitchen timer
Slotted spoon
Kitchen towel

Description

A healthy way to cook eggs.

Method / What to do

1. Fill a large pan with 5cm depth of water. Add a pinch of salt and the vinegar to help set the egg.
2. Bring water to a gentle boil.
3. Crack the egg onto a plate and then tip the egg into the water.
4. Set a kitchen timer for one of the timings below:
 - 3 minutes for completely runny egg yolk.
 - 4 minutes for a slightly set yolk with a runny middle.
 - 5 minutes for a firm egg yolk.
5. When the cooking time is complete, carefully remove the poached egg from the boiling water using a slotted spoon and place on kitchen towel to drain.

Teaching points

- ⦿ Eggs should be stored in the refrigerator, as their freshness quickly deteriorates with increases in temperature.
- ⦿ Remove eggs from the fridge 20 – 30 minutes before use for best results.
- ⦿ Cooking eggs until they have a firm egg yolk is recommended for young children to reduce the risks of salmonella food poisoning.
- ⦿ Buy eggs which have the Lion Quality mark on the eggshell and egg box, as this means that the eggs have been produced to the highest standards of food safety.




Porridge



L Prep: 15 minutes

L Cook: 5 minutes

 Serves: 3

Recipe info

Ingredients

250ml water
250ml semi-skimmed milk
50g porridge oats
Extra milk for serving

Equipment

Measuring jug
Weighing scales
Saucepan
Medium serving bowl
Mixing spoon

Description

Porridge is a simple one-pot meal that takes only minutes to prepare, and is a great introduction for young children to the joys of healthy cooking. This recipe can be made by either conventional or microwave method.

Method / What to do

Conventional method

1. Place water, milk and oats in a saucepan and bring to the boil.
2. Reduce the heat and let it gently simmer for 4 – 5 minutes, or until desired consistency is reached. The porridge gets thicker and creamier if it has been cooked for longer.
3. Serve immediately with the option to add extra milk once served.

Microwave method

1. Put the oats and the milk into a medium serving bowl.
2. Cook on HIGH for 4 – 5 minutes until boiling and thickened, stirring frequently.

Variations

Serve plain porridge with extra options:

- ☉ Toasted sunflower or pumpkin seeds (place in a dry frying pan over a low heat and shake regularly until slightly toasted).
- ☉ Cooked raisins or stewed apple or pear.
- ☉ Either dried or rehydrated fruit (place in water overnight or boil in some water while making the porridge).
- ☉ Slices of banana or grated apple or pear.



Scrambled Eggs



L Prep: 5 minutes

L Cook: 5 minutes

 Serves: 2

Recipe info

Ingredients

2 eggs
1 tbsp milk
1 tsp butter
Salt and pepper

Equipment

Measuring jug
Measuring spoons
Fork
Small saucepan
Mixing spoon
Plates

Description

A healthy and filling way to serve eggs for breakfast.

Method / What to do

1. Crack the eggs into the jug.
2. Gently beat the eggs with the milk and a pinch of salt and pepper, using a fork.
3. Put the butter into the pan over a medium heat. When the butter has melted, add the egg mixture and vigorously stir with the spoon.
4. Continue to stir the eggs for 1 – 2 minutes, scraping the egg off the base of the pan as it sets.
5. When most of the egg has set, remove the pan from the heat and continue to stir for 30 seconds until fully scrambled.
6. Serve with toast, grilled tomatoes and/or mushrooms.

Teaching points

- ⦿ Make scrambled eggs fluffier by adding a little water before cooking.
- ⦿ Eggs should be stored in the refrigerator, as their freshness quickly deteriorates in warmer temperatures.
- ⦿ Remove eggs from the fridge 20 – 30 minutes before use for best results.
- ⦿ Buy eggs which have the Lion Quality mark on the eggshell and egg box, as this means that the eggs have been produced to the highest standards of food safety.



Starters, Salads and Dips



Recipe	Preparation time	Cooking time	Level
Bruschetta with Tomato and Basil Topping	10 minutes	5 minutes	
Caribbean Red Pepper Salsa	40 minutes	0 minutes	
Couscous with Fruit and Veggies	20-25 minutes	0 minutes	
Cream Cheese Dip	5-10 minutes	0 minutes	
Crunchy Salad	20 minutes	0 minutes	
Greek Salad	15 minutes	0 minutes	
Guacamole	20 minutes	0 minutes	
Hummus	15 minutes	0 minutes	
Moroccan Carrot Salad	20 minutes	0 minutes	
Sardine Dip	10-15 minutes	0 minutes	
Traffic Light Salad	15-20 minutes	0 minutes	
Yoghurt and Cucumber Dip	40 minutes	0 minutes	

Bruschetta with Tomato and Basil Topping



⌚ Prep: 10 minutes

⌚ Cook: 5 minutes



Serves: 10 slices

Recipe info

Ingredients

1 small red onion
3 small tomatoes
Handful fresh basil
1 tbsp olive oil
1 small French bread stick

Equipment

Chopping board
Sharp knife
Small mixing bowl
Measuring spoons
Mixing spoons
Oven gloves
Serving plate

Description

An Italian starter which is brimming with flavour and colour.

Method / What to do

1. Peel and finely chop the onion. Wash and dice the tomatoes.
2. Wash and chop the basil.
3. To make the topping, combine the tomatoes, onion and oil in a small bowl and mix.
4. Cut the ends off the bread stick.
5. Cut the bread into 1 cm thick slices.
6. Grill the bread slices on both sides until browned lightly, then put on a plate.
5. Put 1 - 2 teaspoons of the topping on each slice of toast.
6. Finish with a light sprinkle of fresh basil on the top.



Caribbean Red Pepper Salsa



L Prep: 40 minutes

L Cook: 0 minutes

 Serves: 6-8

Recipe info

Ingredients

For the dressing

1 clove garlic
1 lime
2 tbsp olive oil
50ml red wine vinegar
1 tsp hot pepper sauce
¼ tsp Worcestershire sauce
¼ tsp ground cumin
Salt and pepper

For the salsa

225g can red kidney beans or black beans
100g canned sweet corn
½ cucumber
1 red pepper
4 spring onions
250g fresh tomatoes

Equipment

Garlic crusher
Sharp knife
Chopping board
Lemon squeezer
Measuring spoons
Small mixing bowl
Whisk or fork
Large serving bowl
Can opener
Sieve
Mixing spoon



Description

A very colourful salad. The beans make it quite filling.

Method / What to do

1. Peel and crush the garlic.
2. Cut the lime in half and squeeze out the juice.
3. Put all the dressing ingredients together in a small mixing bowl and whisk together. Pour the dressing into a large serving bowl.
4. Prepare all the salsa ingredients. Drain the beans and sweet corn and rinse using the sieve. Chop the cucumber into 2 cm chunks.
5. Deseed the pepper, wash and trim the spring onions and chop the pepper, spring onions and tomatoes.
6. Add all the ingredients to the dressing in the serving bowl and mix well.
7. Cover and leave to stand for 20 minutes to allow the flavours to develop.

Teaching point

- ⊙ This is quite a hot dressing - it could be varied by reducing the amount of hot pepper sauce or leaving it out.

Variation

- ⊙ Other salad ingredients could be included, such as herbs, finely shredded crisp white cabbage or spinach leaves, grated carrot, parsley, or chopped coriander.

Couscous with Fruit and Veggies



L Prep: 20-25 minutes

L Cook: 0 minutes

 Serves: 1

Recipe info

Ingredients

1 lemon
500ml boiling water
1 tbsp oil
½ vegetable stock cube
200g couscous
1 carrot
½ cucumber
1 apple
2 sticks of celery
1 small bunch white grapes (about 20 grapes)
1 tbsp fresh coriander or parsley (optional)

Equipment

Chopping board
Sharp knife
Lemon squeezer
Measuring jug
Kettle
Weighing scales
Measuring spoons
Large mixing bowl
Cling film
Small mixing bowl
Fork
Serving dish



Description

This is a no cook recipe, although access to boiled water is required.

Method / What to do

1. Cut the lemon in half and squeeze out the juice.
2. Boil the water then pour into a jug and stir in the oil, lemon juice and stock cube.
3. Put the couscous in the large mixing bowl and add the hot liquid.
4. Cover with cling film and leave for 5 – 10 minutes.
5. In the meantime wash and then chop the fruit and vegetables into small cubes, cutting the grapes in half.
6. Mix all the fruit and vegetables in a small mixing bowl.
7. Fluff up the couscous with a fork and stir the fruit and vegetables into the couscous.
8. Chop up the coriander or parsley (if using) and add to the couscous.

Teaching point

- ⦿ To serve the couscous, wash iceberg lettuce leaves and place a spoonful of couscous with fruit and veggies in each leaf.

Variations

- ⦿ You could add some dried fruit if you like at the end: such as raisins or dried apricots.
- ⦿ Use a different mix of vegetables, such as yellow or green pepper, spring onions, mushrooms and so on.

Cream Cheese Dip



Prep: 5-10 minutes

Cook: 0 minutes



Serves: 4-6

Recipe info

Ingredients

100g natural yoghurt or fromage frais
100g low fat soft cheese
Selection of flavourings for the dip
Selection of 'dippers'

Equipment

Weighing scales
Mixing bowl
Mixing spoon
Measuring spoons
Chopping board
Sharp knife
Serving dish
Can opener



Description

A very simple dip, which can be varied by using different flavourings and served with different types of 'dippers'.

Method / What to do

1. Mix together the yoghurt/fromage frais and low fat soft cheese.
2. Add flavourings and serve with some dippers.

Flavourings

- ⊙ Herbs and spices: chopped herbs such as chives or parsley, pepper, paprika, cayenne pepper.
- ⊙ Cucumber and onion raita: 2 tbsp finely chopped onion, 10cm chopped cucumber, 1 tsp dried or fresh mint.
- ⊙ Cheese and onion: 50g grated cheese and 2 tbsp finely chopped onion.
- ⊙ Pineapple: 4 tbsp chopped canned pineapple (in juice), drained.
- ⊙ Spicy tomato: 4 tbsp of tomato puree or passata, shake of pepper or paprika/chilli.
- ⊙ For a low fat and vegan version, use 200g silken tofu and mix well until smooth.

Dippers


- ⊙ Breadsticks, crackers or toast
- ⊙ Pita or naan bread cut into strips
- ⊙ Carrots; wash and cut into sticks
- ⊙ Cucumbers; wash and cut into sticks
- ⊙ Apple; wash and cut into wedges
- ⊙ Peppers; wash, remove stalk and core and cut into sticks
- ⊙ Cherry tomatoes; wash and leave whole
- ⊙ Cauliflower or broccoli; wash and divide into florets
- ⊙ Poppadums
- ⊙ Corn chips

Crunchy Salad



L Prep: 20 minutes

L Cook: 0 minutes

 Serves: 4

Recipe info

Ingredients

2 mangoes
Half a cucumber
Half a punnet cherry tomatoes
1 small can (200g) sweet corn
Half a red onion
½ lemon
1 small handful fresh coriander
1 handful whole fresh mint leaves
1 pinch dried chilli flakes (optional)
2 tbsp extra virgin olive oil
2 pieces cooked chicken (optional)

Equipment

Sharp knife
Chopping board
Can opener
Sieve
Large mixing bowl
Lemon squeezer
Measuring spoons
Salad servers
Large serving bowl

Description

Try this colourful refreshing salad; it's ideal as a side dish.

Method / What to do

1. Peel and chop the mangoes.
2. Wash the cucumber and chop into cubes.
3. Remove the stems from the cherry tomatoes, wash them and cut in half.
4. Open the can of sweet corn and empty into the sieve, rinse and leave to drain.
5. Cut the onion in half, peel and chop finely.
6. Squeeze the lemon.
7. Wash the coriander and mint thoroughly and chop coarsely.
8. If using the chicken, shred pieces of cooked chicken.
9. Put all the ingredients into a bowl.
10. Gently mix them together using salad servers.
11. Serve immediately!

Variation

- © Vegetarians could leave out the chicken and sprinkle on nuts or seeds – or add a can of kidney beans.



Greek Salad



⌚ Prep: 15 minutes

⌚ Cook: 0 minutes

🍴 Serves: 4

Recipe info

Ingredients

4 medium tomatoes
1 cucumber
1 red onion
50g black olives
50g feta cheese

For the dressing

1 clove garlic
150ml olive oil
2 tbsp red wine vinegar
1 tbsp lemon juice
2 tsp dried oregano
Pepper

Equipment

Chopping board
Sharp knife
Weighing scales
Large salad bowl
Garlic crusher
Measuring spoons
Measuring jug
Fork



Description

Enjoy a taste of the Mediterranean with this colourful healthy salad.

Method / What to do

1. Wash and then cut the tomatoes and cucumber into chunks.
2. Peel and finely chop the red onion.
3. Put the tomatoes, cucumber and onion in a large bowl.
4. Scatter the olives and crumble the feta on top.

Dressing

5. Crush the garlic.
6. Whisk the garlic and other ingredients together with a fork and pour over the salad.

Variation

- 🕒 To add something a little extra, mix some cooked couscous through before serving.

Guacamole



⌚ Prep: 20 minutes

⌚ Cook: 0 minutes

🍴 Serves: 6-8

Recipe info

Ingredients

1 small onion
2 tomatoes
2 tbsp finely chopped fresh coriander
1 clove garlic
1 lemon or lime
½ tsp paprika
3 ripe avocados
Salt and pepper

Equipment

Sharp knife
Chopping board
Garlic crusher
Lemon squeezer
Measuring spoons
Mixing bowl
Dessert spoon
Fork or potato masher
Mixing spoon
Serving dish
Cling film

Description

Guacamole is of Aztec origin. In addition to avocados, the original ingredients of tomatoes and salt are common. Other popular components may include lime juice, onion, chilli pepper, garlic, cumin, black pepper and coriander. Adding sour cream or a creamy cheese is a North American variation.

Method / What to do

1. Finely chop the onion and tomatoes and wash and chop the coriander.
2. Crush the garlic and squeeze the juice from the lemon or lime.
3. Put half the lime or lemon juice in a bowl with the paprika, onion, garlic, tomatoes and coriander.
4. Cut the avocados in half lengthwise and twist the two halves apart. Remove the stone and using a spoon scoop out the flesh and add to the bowl.
5. Roughly mash the avocado with a fork or a potato masher then season with salt and pepper. Add more lime juice to taste, along with more paprika, garlic and coriander if you wish.
6. Pack into a small serving dish and press cling film over the surface, making sure there are no air pockets. Cover and chill until ready to use.
7. This can be served as a dip for vegetables or corn chips or served as a sauce for a variety of savoury (Mexican) dishes.

Teaching points

- ⦿ Guacamole does not store well, as avocado flesh turns brown in the presence of oxygen (enzymic browning). The lime juice in the recipe will slow down the process, as will refrigeration. Clingfilm wrapped directly onto the guacamole mixture, rather than over the top of the entire storage container, will minimise enzymic browning.



Hummus



⌚ Prep: 15 minutes

⌚ Cook: 0 minutes

🍴 Serves: 4-6

Recipe info

Ingredients

400g can chick peas
2 garlic cloves
2 tbsp tahini
Juice 1 lime or lemon
2-4 tbsp water
Bunch fresh coriander (optional)

Equipment

Can opener
Sieve
Blender
Measuring spoons
Sharp Knife
Lemon squeezer
Chopping board
Mixing spoon
Serving dish

Description

Hummus can be served as a dip, as part of a meze, or to accompany falafel, grilled chicken, aubergine and so on. Hummus has been used in Middle Eastern and Mediterranean cuisine for thousands of years.

Method / What to do

1. Empty the chickpeas into a sieve and rinse with water.
2. Peel the garlic and place into the blender together with the chickpeas and blend for a minute. Add tahini and blend again.
3. Gradually add lime/lemon juice and then enough water for the hummus to reach a thick creamy consistency.
4. If using coriander, wash and roughly chop before adding it to the hummus and blending the mixture for another 30 seconds.
5. Serve in a dish with some dippers and a garnish.

Teaching points

- ⊙ Tahini paste contains sesame seeds. Check to make sure no one is allergic to them. If a child is allergic to sesame seeds, tahini can be omitted.
- ⊙ Always supervise children using a blender.

Variations

Hummus can be served with:

- ⊙ Bread dippers, such as strips of pita, toast or crackers.
- ⊙ Sticks of vegetables, such as carrot, cucumber, celery, pepper, pickled cucumbers.
- ⊙ Different garnishes: colourful vegetables and parsley (Lebanon), olive oil and mint leaves, paprika, parsley or cumin (Palestine), cumin (Egypt), whole chickpeas and paprika (Israel).



Moroccan Carrot Salad



L Prep: 20 minutes

L Cook: 0 minutes

 Serves: 4

Recipe info

Ingredients

5 carrots
1 small onion
75g of currants

Dressing

30ml olive oil
2 tbsp lemon juice
1 tsp curry powder
¼ tsp combined ground cloves and cinnamon
Salt and pepper

Equipment

Peeler
Grater
Sharp knife
Chopping board
Weighing scales
Measuring spoons
Lemon squeezer
Serving bowl
Small bowl
Fork
Salad servers

Description

A crisp carrot-based salad glowing with sweet warm spices.

Method / What to do

1. Peel and then grate the carrots finely.
2. Peel and then chop, or grate, the onion.
3. Place carrots, currants and onion in a medium sized serving bowl.
4. In a small bowl, blend together the olive oil, lemon juice, curry powder, ground cloves, cinnamon, and a pinch of salt and black pepper with a fork.
5. Pour over the carrot mixture and mix well using salad servers.



Sardine Dip



⌚ Prep: 10-15 minutes

⌚ Cook: 0 minutes

🍴 Serves: 2-4

Recipe info

Ingredients

120g canned sardines in spring water or brine
100g of low fat soft cheese
½ lemon
Black pepper

Equipment

Can opener
Sieve
Small mixing bowl
Fork
Weighing scales
Lemon squeezer
Mixing spoon
Chopping board
Sharp knife
Small bowl
Serving dish

Description

Sardines are a good source of omega-3 essential fats and this dip is a tasty way of including fish in the diet.

Method / What to do

1. Open the sardines and use the sieve to drain away the liquid.
2. Tip the drained sardines into the mixing bowl and mash with a fork.
3. Spoon the low fat soft cheese into the mixing bowl.
4. Squeeze the juice from the lemon and add the juice to the mixing bowl.
5. Mix all the ingredients together thoroughly. Add pepper to taste.
6. Serve in the serving dish with strips of vegetables or fingers of bread.

Variation

- ⦿ Try a low fat soft cheese with garlic and herbs or chop up some parsley, chives or dill and add to a plain soft cheese.



Traffic Light Salad



🕒 Prep: 15-20 minutes

🕒 Cook: 0 minutes

🍴 Serves: 2

Recipe info

Ingredients

1 orange
1 small carrot
6 sultanas
3cm chunk of cucumber
Few leaves of fresh mint
1 small tomato

Equipment

Grater
2 small mixing bowls
Sharp Knife
Chopping board
High-sided mould or empty small yoghurt pots
1 plate

Description

This is one of those salads that kids love. The name comes from the colours of the ingredients, making it a colourful and exciting salad.

Method / What to do

1. Use the grater to grate the zest from the orange then grate the carrot.
2. Mix the grated carrot, orange zest together with the sultanas in a bowl.
3. Finely chop the cucumber and mint and combine in the second bowl.
4. Deseed and finely chop the tomato.
5. Place the tomato in the base of the mould. Press down gently.
6. Place the grated carrot mix into the middle and the finely chopped cucumber mix to the top of mould.
7. Leave in the fridge for 10 minutes then place a plate on top of the mould before turning it over and carefully removing the mould.



Yoghurt and Cucumber Dip (Tzatziki and Raita)



🕒 Prep: 40 minutes

🕒 Cook: 0 minutes



Serves: 6-8

Recipe info

Ingredients

1 cucumber
400g natural yoghurt
1 sprig of mint
1 lemon
2 tbsp olive oil
Sprinkle of paprika (optional)

Equipment

Sharp knife
Chopping board
Mixing bowl
Lemon squeezer
Measuring spoons
Mixing spoon
Serving dish

Description

Tzatziki is used in Middle Eastern and Mediterranean cuisines. Tzatziki is usually served as a dip with bread, such as pita, but in the Middle East it is more common as a side dish to a meal with meat.

Method / What to do

1. Wash cucumber, cut length-wise and scoop out the seeds, as these can make the tzatziki watery. Cut the cucumber into very small chunks.
2. Put the yoghurt and diced cucumber in a bowl.
3. Wash and chop the mint finely and add to the mixture.
4. Squeeze the lemon and measure out the lemon juice and olive oil.
5. Mix all ingredients in with yoghurt and leave to chill for 30 minutes.
6. Sprinkle with a little paprika powder before serving with some dippers such as pita or vegetable sticks.







Variations

- ⊙ Similar to tzatziki is raita (or pachadi), a South Asian/Indian condiment based on yoghurt and used as a cooling sauce or dip to accompany spicy Indian dishes.
- ⊙ Onion and tomato raita: add 2 small chopped tomatoes and 1 onion to 250ml yoghurt. Add salt and pepper to taste.
- ⊙ Cucumber and red pepper raita: add ½ cucumber (deseeded and finely diced), ½ red pepper (finely chopped), sprig of mint (finely chopped) to 250 ml yoghurt. Add salt and pepper to taste.



Soups



Recipe	Preparation time	Cooking time	Level
Lentil Soup	15 minutes	30-35 minutes	
Minestrone Soup	20 minutes	30 minutes	
Pumpkin Soup	20 minutes	30-35 minutes	
Thai Chicken Soup	15 minutes	30 minutes	
Tomato and Carrot Soup	20 minutes	35-40 minutes	
Vegetable Soup	15 minutes	30 minutes	

Lentil Soup



🕒 Prep: 15 minutes

🕒 Cook: 30-35 minutes



Serves: 4-6

Recipe info

Ingredients

1 onion
1 carrot
1 clove garlic
1 tsp ground cumin
1 tbsp sunflower oil
100g red lentils
400g can tomatoes or carton passata (sieved tomatoes)
750ml water
1 vegetable stock cube
1 lemon
Pepper

Equipment

Peeler
Sharp knife
Chopping board
Garlic crusher
Measuring spoons
Large saucepan and lid
Weighing scales
Can opener
Measuring jug
Mixing spoon
Lemon squeezer
Bowls, mugs or flask to serve



Description

A delicious spicy soup that's high in iron and very easy to make.

Method / What to do

1. Peel and chop the onion and carrot, then peel and crush the garlic.
2. Heat the oil in a large saucepan.
3. Add the onion, carrot, garlic and cumin and fry for 5 minutes until soft.
4. Add the lentils, tomatoes, water and stock cube.
5. Bring to the boil. Reduce the heat and simmer with the lid on for 30 – 35 minutes until the lentils are very soft (add more water if too thick).
6. Squeeze the juice from the lemon.
7. Just before serving add the lemon juice and pepper to taste.

Variation

- ⦿ Use other lentils like brown or green lentils. These will need slightly longer cooking. Add another 10 minutes or so.

Minestrone Soup



L Prep: 20 minutes

L Cook: 30 minutes



Serves: 4-6

Recipe info

Ingredients

1 onion
1 clove garlic
100g fresh spinach
2 tbsp olive oil
1 carrot
2 celery sticks
1 courgette
1 medium potato
150g can borlotti beans
1 litre of water
225g can chopped tomatoes
100g small pasta shapes
Bunch of fresh herbs such as basil, oregano and coriander
Salt and pepper
75g parmesan cheese

Equipment

Sharp knife
Chopping board
Garlic crusher
Colander
Measuring spoons
Large saucepan with lid
Mixing spoon
Can opener
Sieve
Measuring jug
Weighing scales
Grater
Ladle



Description

An easy to make, filling, vegetarian soup. Delicious served with freshly baked bread.

Method / What to do

1. Finely chop the onion, peel and crush the garlic then wash the spinach.
2. Place oil in the pan with onion and garlic and fry for 5 minutes until soft.
3. Wash and slice the carrot and celery and dice the courgette and potato.
4. Add the chopped potato, carrot, courgette and celery to the pan then stir and cook gently for 5 minutes.
5. Drain the beans from can, place in sieve and rinse.
6. Add the water and tomatoes to the pan, cover and simmer gently for 15 – 20 minutes.
7. Add the pasta, beans and spinach to the pan and cook for a further 7 – 10 minutes.
8. Wash and finely chop the fresh herbs.
9. Add herbs, salt and pepper to taste.
10. Grate the parmesan
11. Serve hot with a sprinkle of parmesan on top.

Variation

- ⊕ Add additional vegetables as preferred, for example sweet corn, broad beans, butter beans, shredded white cabbage.

Pumpkin Soup



L Prep: 20 minutes

L Cook: 30-35 minutes



Serves: 4-6

Recipe info

Ingredients

2 onions
2 large carrots
1 tbs oil
1 pumpkin
2cm ginger
Few shakes of soya sauce
Vegetable stock cube
900ml boiling water
Pepper

Equipment

Peeler
Sharp knife
Chopping board
Measuring spoons
Large saucepan
Mixing spoon
Tablespoon
Grater
Kettle
Measuring jug
Blender



Description

This soup is ideal for Halloween or as a filling winter warmer. It can be made of the flesh scooped out to make a Halloween pumpkin lantern.

Method / What to do

1. Peel and chop the onion and carrot.
2. Heat the oil in a large saucepan and gently cook the onion and carrots for 10 minutes until they soften slightly.
3. In the meantime cut the pumpkin in half. Cut each half into quarters and using a tablespoon scoop out the seeds.
4. Peel and chop into small pieces and add to the saucepan. Cook for a further 5 minutes.
5. Grate the ginger and add to the vegetables together with the soya sauce.
6. Boil the water. Put the vegetable stock cube in the measuring jug. Add the boiling water, stir and pour the vegetable stock into the saucepan.
7. Bring the soup to the boil and simmer for 20 minutes or until all the vegetables are cooked.
8. Season with pepper.
9. Take the pan off the heat and then carefully blend the soup until smooth.
10. Serve with wholemeal rolls.

Variations

- ⊗ Garnish with toasted sesame seeds and chopped parsley or coriander.
- ⊗ Use up dry bread and make some croutons to serve with your soup. Simply cut the bread into squares and place on a baking tray in a hot oven (200°C / gas mark 6) for 15 – 20 minutes. Add some black pepper or grated parmesan cheese for variation. Add croutons to the soup once served.

Thai Chicken Soup (Tom Ka Gai)



L Prep: 15 minutes

L Cook: 30 minutes



Serves: 2

Recipe info

Ingredients

3 spring onions
2.5cm of root ginger
1 tbsp fresh coriander
2 limes
2 skinless, boneless chicken breasts
1 tbsp vegetable oil
400g tin coconut milk
225ml cold water
2 tbsp fish sauce
1 tsp cayenne pepper
¼ tsp ground turmeric

Equipment

Sharp knife
2 chopping boards (red for meat and white or green for vegetables)
Peeler
Grater
Lemon squeezer
Measuring spoons
Frying pan
Mixing spoon
Can opener
Measuring jug
Large saucepan
Bowls to serve



Description

An authentic Thai soup that is full of aromatic flavours

Method / What to do

1. Wash and thinly slice the spring onions.
2. Peel and finely grate the ginger.
3. Wash and finely chop the coriander.
4. Cut the limes in half and squeeze out the juice.
5. Cut the chicken into thin strips on a red chopping board or plate.
6. Heat the oil in the frying pan for 1 minute then add the strips of chicken, fry for 2 – 3 minutes until the chicken turns white.
7. Pour the coconut milk and water in the saucepan and bring to the boil.
8. Reduce the heat then add the chicken, ginger, fish sauce, lime juice, cayenne pepper and turmeric and stir well.
9. Simmer gently until the chicken is cooked, this should take 10 – 15 minutes
10. Serve the soup in bowls and sprinkle with spring onions and coriander on top.

Teaching points

- ⊙ Use a red chopping board or plate when chopping raw meat and ensure pupils wash their hands and the sharp knife after handling meat to avoid cross-contamination.
- ⊙ Ensure the chicken is cooked thoroughly.

Tomato and Carrot Soup



L Prep: 20 minutes

L Cook: 35-40 minutes



Serves: 4

Recipe info

Ingredients

2 medium onions
8 medium carrots
5 fresh tomatoes
1 clove garlic
2 tbsp olive oil
2 tsp ground cumin
1 vegetable or chicken stock cube
900ml boiling water
Handful rocket leaves
Pinch of salt and pepper
2 tsp crème fraiche

Equipment

Peeler
Sharp knife
Chopping board
Garlic crusher
Measuring spoons
Large saucepan
Kettle
Measuring jug
Hand blender or food processor
Large serving bowl



Description

Good warm or cold, this bright, tasty soup can be made ahead and frozen. This soup is tastiest if the tomatoes are bought in September when they are most ripe and juicy.

Method / What to do

1. Peel and chop the onion and carrots, then wash and chop the tomatoes, peel and crush the garlic.
2. Gently heat the oil in the saucepan for 2 minutes, then add the onions and garlic and fry for 2 – 3 minutes until soft.
3. Add the cumin, carrots and tomatoes and fry gently for another 2 – 3 minutes.
4. Make up the stock by adding the boiling water and stock cube into the jug, then stir until the stock cube has dissolved.
5. Pour the stock into the pan; bring to the boil then leave to simmer for 20 minutes.
6. Wash and chop up the rocket.
7. Add most of the chopped rocket into the pan, saving a small amount for garnishing.
8. Cook for a further few minutes until the rocket has wilted and the carrots are cooked.
9. Add salt and pepper to taste then stir.
10. Leave the soup to cool for 5 minutes then liquidise using a hand blender or food processor.
11. Pour the soup into a large serving bowl; spoon over the crème fraiche and sprinkle the remaining rocket leaves over the top.

Variation

- ⊙ If you prefer a coarse soup with vegetable pieces, do not blend the soup.

Vegetable Soup



L Prep: 15 minutes

L Cook: 30 minutes

 Serves: 4

Recipe info

Ingredients

1 medium potato
2 carrots
1 medium onion
2 leeks
2 courgettes
750ml of water
1 vegetable stock cube
50g frozen peas
425g can chopped tomatoes
Salt and pepper

Equipment

Peeler
Sharp knife
Chopping board
Measuring jug
Electric blender
Large saucepan with lid
Mixing spoon
Can opener
Ladle

Description

A delicious, healthy soup for a winter's day or a light meal. Very easy to make and lovely served with freshly baked bread.

Method / What to do

1. Peel and dice the potato and carrots. Peel and chop the onion.
2. Wash and slice the leeks and courgettes.
3. Mix water and stock cube into the saucepan.
4. Add potato, leeks, carrots, onion and courgettes.
5. Gently heat to boiling point, reduce the heat, cover and simmer for 20 minutes.
6. Remove approximately one third of the stock and vegetable mixture and puree in a blender.
7. Add the puree back into the pan with remaining vegetables and stock.
8. Add frozen peas, tomatoes, salt and pepper to taste.
9. Reheat until hot.

Teaching point

- ⦿ Use vegetables in season and do not over cook them.













Variation

- ⦿ Add additional vegetables e.g. sweet corn, broad beans, butter beans, shredded white cabbage.



Pasta, Rice and Potatoes



Recipe	Preparation time	Cooking time	Level
Boiled Rice	5-10 minutes	20 minutes Microwave option	
Coconut Rice	10 minutes	20-25 minutes	
Irish Potato Cakes	30-35 minutes	15-20 minutes	
Jacket Potato	5 minutes	45 minutes Microwave option	
Jambalya	15 minutes	35 minutes	
Mashed Potato	10-15 minutes	20-25 minutes Microwave option	
Pasta Salad	15-20 minutes	15-20 minutes	
Roast Potatoes	5 minutes	30-40 minutes	
Spaghetti with Tomato Sauce	15 minutes	25-30 minutes  Microwave method	
Spicy Oven Chips	10 minutes	25 minutes	
Vegetable Pasta Bake	15 minutes	25 minutes	

Boiled Rice



L Prep: 5-10 minutes

L Cook: 20 minutes



Serves: 6-8

Recipe info

Ingredients

425g basmati rice
500ml boiling water
1 tsp vegetable oil

Equipment

Weighing scales
Sieve
Measuring jug
Kettle
Medium saucepan with lid
Mixing spoon
Fork



Description

Rice is one of the oldest convenience foods, it needs virtually no preparation and can be cooked quickly.

Method / What to do

1. Wash the rice in the sieve under running water for 1 – 2 minutes to remove the starch.
2. Pour the boiling water in to the saucepan then stir in the rice and oil.
3. Turn the heat up until the water returns to boiling, then turn down the heat to the lowest setting and cover the pan with the lid.
4. Let the rice cook for 20 minutes without lifting the lid.
5. Turn off the heat and let the rice stand for a few minutes.
6. Remove the lid and fluff up the rice with a fork; it is then ready to serve.

Teaching points

- ⊙ Ensure children are supervised when using boiling water.
- ⊙ Try to cool cooked rice and put in the fridge within 1½ hours of cooking to avoid food poisoning.

Variations

- ⊙ Use long grain rice instead of basmati.
- ⊙ Add ½ tsp of mixed herbs or a stock cube to the water to add more flavour.
- ⊙ Cook the rice using the microwave from step 2 from above:
 1. Using a microwave proof bowl or glass bowl cover the rice with cling film, pierce once to make a small vent.
 2. Set the microwave to cook the rice for 8 minutes on HIGH for 800W or 10 minutes for 700W.
 3. Leave the rice to rest for 5 minutes, then microwave again on HIGH for 800W or 10 minutes for 700W.
 4. Remove the bowl from the microwave and allow to stand for 5 minutes covered and undisturbed.
 5. Remove the cling film and fluff up the rice using a fork.

Coconut Rice



L Prep: 10 minutes

L Cook: 20-25 minutes



Serves: 6-8

Recipe info

Ingredients

1 lemon
350g long grain rice
400ml can coconut milk
300ml water
½ tsp ground coriander
Sprinkle of cinnamon
Salt

Equipment

Peeler
Weighing scales
Measuring jug
Measuring spoons
Can opener
Large saucepan
Mixing spoon
Serving bowl

Description

Coconut rice makes a terrific accompaniment to many Asian dishes, such as fish and curries.

Method / What to do

1. Use the peeler to make strips of lemon peel.
2. Put all ingredients with a pinch of salt into a large saucepan.
3. Keep stirring to prevent the rice from sticking and bring to the boil.
4. Put a lid on the pan and cook on low for about 12 – 15 minutes (until all the liquid has been absorbed).
5. Remove the lemon peel. Stir the rice to fluff it up, place the lid back on and leave for 5 – 10 minutes.

Teaching points

- ⊙ Serve with the Kele Wele (page 96) and a side salad.
- ⊙ Ensure children are supervised when using boiling water.
- ⊙ Try to cool cooked rice and put in the fridge within 1½ hours of cooking to avoid food poisoning.

Variation

- ⊙ Try different types of rice, such as basmati rice or jasmine-scented rice.



Irish Potato Cakes



L Prep: 30-35 minutes

L Cook: 15-20 minutes

Serves: 4

Recipe info

Ingredients

Oil for greasing
250g potatoes
½ head of cabbage
500ml water
90 ml semi –skimmed milk
50g butter
125g plain or wholemeal flour
1 tsp mixed herbs
Salt and pepper

Equipment

Pastry brush
Baking tray
Weighing scales
Peeler
Sharp knife
Chopping board
Measuring jug
2 medium saucepans
Colander
Potato masher
Measuring spoon
Mixing spoon
Oven gloves



Description

Irish potato cakes are an old-time recipe; they may have originated in Ireland.

Method / What to do

1. Preheat the oven to 200°C / gas mark 6.
2. Using a pastry brush grease the baking tray.
3. Peel and chop the potatoes, then wash and chop the cabbage.
4. Boil the potatoes in salted water until cooked. Drain, mash and leave to cool.
5. Place the cabbage in the boiling salted water and cook for a few minutes. Drain and leave to cool.
6. Place the milk in the other saucepan, add the butter and bring to the boil.
7. Add the cooked potato and cabbage and mix together while the mixture heats through.
8. Fold in the flour, a pinch of pepper and herbs until the mixture comes away from the side of the saucepan.
9. Put the mixture onto a clean surface and shape into cakes 5cm in diameter and 1cm thick, then place on the baking tray.
10. Place in the oven and bake for about 15 – 20 minutes until golden brown.

Variation

- ⊙ Irish potato cakes can be made by frying. Turn the mixture on to a cold surface and shape into cakes of approximately 5cm diameter and 1cm thick. Heat a little butter or oil in a non-stick frying pan, add the cakes, turning them over so that both sides are slightly browned.

Jacket Potato



⌚ Prep: 5 minutes

⌚ Cook: 45 minutes

🍴 Serves: 2

Recipe info

Ingredients

2 medium potatoes
Oil for greasing the baking tray
1 tbsp oil
2 tsp butter to serve

Equipment

Baking tray
Pastry brush
Measuring spoons
Kitchen towel
Fork
Oven gloves
Sharp knife

Description

This way of cooking potatoes acts as a great meal accompaniment or to eat with a variety of fillings.

Method / What to do

Conventional method

1. Preheat oven to 200°C / gas mark 6.
2. Grease the baking tray with a little oil.
3. Wash the potatoes and dry them off with a kitchen towel.
4. Prick the potatoes with a fork then brush them with oil.
5. Bake in the oven for 45 minutes.
6. Remove from the oven and make a crosswise slit in the top of each potato.
7. Squeeze gently to open out the cross and add a knob of butter in the opening.

Microwave method

1. Prick each potato several times with a fork.
2. One potato of 225g will take around 6 minutes on HIGH, adjust time for more or larger potatoes.
3. Allow to stand 1 – 2 minutes before serving.

Variation

- ⊙ To make a meal of your jacket potato, cut it almost in half and pile in your favourite fillings, such as baked beans, salad or chilli con carne.



Jambalaya



⌚ Prep: 15 minutes

⌚ Cook: 35 minutes

🍴 Serves: 4

Recipe info

Ingredients

1 large onion
1 red or green pepper
4 sausages or 8 slices lean ham
2tbsp vegetable oil
150g rice
400g tin chopped tomatoes
250ml cold water
1 tbsp dried or fresh thyme
¼ tsp cayenne pepper
1 tsp paprika
1 chicken stock cube
100g cooked prawns

Equipment

Sharp knife
Chopping board (red for meat, white or green for vegetables)
Measuring spoons
Large saucepan with lid
Weighing scales
Can opener
Measuring jug
Mixing spoon



Description

One of the easiest rice dishes that owes its origins to the traditional Cajun cooking of America.

Method / What to do

1. Peel and chop the onion.
2. Wash, deseed and chop the pepper.
3. Slice the sausage or ham in to small pieces.
4. Heat the oil in the saucepan for 1 minute then fry the onion and rice for 2 – 3 minutes until the onion softens.
5. Stir in the pieces of sausage or ham, pepper, rice, tomatoes, water, thyme, cayenne pepper, paprika and stock cube.
6. Bring to the boil then cover the pan with the lid and leave to simmer for 25 minutes, stirring occasionally.
7. Add the prawns and cook for a further 5 minutes.
8. The jambalaya is cooked once the rice is soft and all the liquid has absorbed.

Teaching point

- ⊙ Try to cool cooked rice dishes and put in the fridge within 1 ½ hours of cooking to avoid food poisoning.

Mashed Potatoes



⌚ Prep: 10-15 minutes

⌚ Cook: 20-25 minutes



Serves: 2

Recipe info

Ingredients

700g potatoes
1 litre boiling water
150ml milk
Salt and pepper

Equipment

Weighing scales
Peeler
Sharp knife
Chopping board
Measuring jug
Kettle
Large saucepan with lid
Colander
Small saucepan
Potato masher
Mixing spoon



Description

A common way to serve potatoes that is also great to use as a garnish or topping for a variety of dishes.

Method / What to do

1. Peel and cut potatoes into chunks.
2. Put the potatoes in saucepan with the water and a pinch of salt.
3. Cover with lid and simmer for 20 minutes or until the potatoes are tender.
4. Drain the potatoes in the colander and return to the pan.
5. Heat the milk gently in the small saucepan until boiling.
6. Pour the milk over the potatoes and mash until smooth.
7. Season with pepper and serve immediately.

Teaching points

- ⊗ Microwave the potatoes to save time. See microwave method below.
- ⊗ Add a dash of lemon juice to the cooking water to help preserve the colour of the potatoes.

Microwave method:

- 1) Prepare the potatoes as shown in point 1 above.
- 2) Place the potatoes in a microwaveable dish with 2 tbsp of water.
- 3) Cover the top of the dish with Clingfilm and pierce a few holes in the top.
- 4) Cook on full power (800w) for 6-8 minutes. Allow to stand for 1-2 minutes before serving.

Variations

A few added ingredients can transform mash into a perfect side dish.

- ⊗ Apple mash: Add a grated red skinned apple with a bit of lemon juice.
- ⊗ Horseradish mash: Add 1 or 2 teaspoons of horseradish sauce to the mash just before serving.

How to Cook Pasta, Hints and Tips

Method / What to do

1. Use a large deep saucepan when cooking pasta as the pasta needs a lot of space to move around, this helps to prevent the pasta sticking together.
2. Use the correct ratio of dried pasta to water. 500g dried pasta will serve 4 people and will need 4 litres of water.
3. A little salt should be added to the water when cooking pasta - add half a teaspoon of salt. The addition of salt is important to the cooking process, as it ensures the pasta cooks evenly. The salt water is drained off therefore minimising health risks associated with consuming too much salt in the diet.
4. It is a good idea to add a small amount of oil (roughly a teaspoon) to the cooking water to prevent the pasta sticking together.
5. Always ensure the water with the salt and oil is boiling before adding the dried pasta. Try to avoid adding pasta to cold water or water that is not boiling, as this will make the pasta stick together.
6. Timing is a very important part of cooking pasta successfully. A guide to cooking pasta is usually provided on the packet.
The following timings are a useful guide, although will depend on which pasta shape is being used:
 - Fresh pasta: 3 minutes
 - Dried pasta: 10 – 15 minutes

During the cooking, lift out a piece of pasta to see if it is cooked. The pasta is cooked when it is slightly firm to the bite (called al dente).

If you have slightly over cooked the pasta adding cold water to the pan immediately before draining will prevent the pasta cooking any further.

Pasta Salad



⌚ Prep: 15 - 20 minutes

⌚ Cook: 15-20 minutes

🍴 Serves: 4

Recipe info

Ingredients

1 ½ litres water
½ tsp salt
1 tsp oil
300g farfalle (pasta bows)
200g frozen peas
85g pack prosciutto or salami

Dressing

1 large tomato
10 sundried tomatoes in oil
2 tbsp olive oil
2 tsp white wine vinegar
1 garlic clove
Large handful of fresh basil leaves
Salt and pepper

Equipment

Measuring jug
Large saucepan
Weighing scales
Chopping board
Sharp knife
Food processor
Colander
Measuring spoons
Mixing spoon
Large serving bowl
Pasta bowls for serving



Description

This salad is a complete meal.

Method / What to do

1. Bring the water to the boil in the large saucepan and add ½ tsp salt and 1 tsp oil.
2. Weigh out the pasta and add to the boiling water. Check on the pack the cooking time for pasta.
3. Cook the pasta in salted water for 10 minutes. Stir occasionally to make sure the pasta does not stick together or to the bottom of the pan.
4. While the pasta is boiling, roughly chop the fresh tomato and peel the garlic. Put them in a food processor with half the sun-dried tomatoes, the olive oil, vinegar and about 8 basil leaves. Season to taste with salt and pepper and then blend until smooth to make a dressing.
5. Once the pasta is cooked add the peas, return the water to boil and cook for 2 minutes more until the pasta and peas are tender.
6. Tip into a colander over the sink, cool the pasta and peas under the cold tap.
7. Mix the pasta and peas with the dressing, roughly slice the rest of the sun-dried tomatoes and add to the pasta with the remaining basil leaves.
8. Tear the prosciutto or salami into small pieces and toss everything together.
9. Serve in large pasta bowls.

Variation

- Ⓞ Vegetarians could leave out the prosciutto and add mozzarella instead - or add a can of kidney beans.

Roast Potatoes



⌚ Prep: 5 minutes

⌚ Cook: 30-40 minutes

🍴 Serves: 2

Recipe info

Ingredients

Oil for greasing
2 medium potatoes
1 tbsp oil
1 tsp mixed herbs

Equipment

Pastry brush
Baking tray
Table knife
Chopping board
Measuring spoons
Oven gloves
Serving plate

Description

A tasty and healthy way to serve potatoes, fluffy on the inside and crispy on the outside.

Method / What to do

1. Preheat oven to 200°C / gas mark 6.
2. Grease the baking tray.
3. Wash the potatoes and cut into quarters.
4. Brush the potatoes with oil, sprinkle with mixed herbs and place on the baking tray.
5. Cook in the oven for 30 – 40 minutes until crispy and golden brown.

Teaching point

- ⊙ A table knife is used instead of a sharp knife to enable young children to cut the potatoes safely.

Variation

- ⊙ Roast potatoes will absorb the flavour of the oil or fat used, so choose accordingly: corn oil, olive oil or sunflower oil are all suitable.



Spaghetti with Tomato Sauce



Microwave method

L Prep: 15 minutes

L Cook: 25-30 minutes

Serves: 4

Recipe info

Ingredients

1 medium onion
1 medium carrot
1 garlic clove
1 celery stick
150ml boiling water
1 vegetable stock cube
225g can tomatoes
15ml tomato puree
½ tsp dried oregano
Salt and pepper
225g dried wholemeal spaghetti
50g Parmesan cheese

Equipment

Peeler
Sharp knife
Chopping board
Garlic crusher
Measuring jug
Kettle
Measuring spoons
Medium glass mixing bowl (microwave proof)
Large bowl glass mixing (microwave proof)
Microwave
Oven gloves
Blender or food processor
Colander
Grater
Serving dish



Description

An old favourite: spaghetti and tomato sauce. The tomato sauce contains a variety of vegetables all blended together.

Method / What to do

1. Peel and finely chop the onion and carrot then crush the garlic.
2. Wash and chop the celery.
3. Prepare the stock in the jug by adding the stock cube to the boiling water and stirring well.
4. Put the onion, celery, carrot, garlic, tomatoes with their juice, stock, tomato puree, oregano and salt and pepper to taste into a medium bowl.
5. Cover and cook on HIGH for 15 – 20 minutes or until the vegetables have softened, stirring occasionally.
6. Leave to cool slightly while cooking spaghetti.
7. Put the spaghetti into a large bowl and pour over boiling water to cover by about 2.5 cm (1 inch). Add salt to taste. Stir, blending the spaghetti around the bowl so that it is all covered with water.
8. Cover and cook on HIGH for 7 – 8 minutes or until just tender. Leave to stand, covered, for 5 minutes. Do not drain.
9. While the spaghetti is standing, put the sauce into a blender or food processor and work until smooth. Pour back into the bowl and cook on HIGH for 2 minutes until hot.
10. Grate the cheese.
11. Drain the spaghetti and turn onto a warmed serving dish. Pour over the sauce, sprinkle with the parmesan cheese and serve immediately with a salad.

Spicy Oven Chips



⌚ Prep: 10 minutes

⌚ Cook: 25 minutes



Serves: 2-4

Recipe info

Ingredients

2 large potatoes, about 300g each
3 tbs olive or sunflower oil
1 tsp ground paprika
½ tsp ground cumin
Salt

Equipment

Weighing scales
Chopping board
Sharp knife
Measuring spoons
Large plastic sandwich bag
Baking tray
Oven gloves
Serving plate

Description

Make your own Southern-style oven potato wedges - they are a healthier option than normal chips and are very tasty. Great for light meals and BBQs.

Method / What to do

1. Pre-heat the oven to 220°C / gas mark 7.
2. Wash and cut each potato (unpeeled) into 8 or 12 wedges.
3. Mix together the oil and spices in the bag and drop in the potato wedges. Rub well to coat.
4. Put the potato wedges in a single layer on a baking tray, sprinkle with a pinch of salt and bake for about 25 minutes until they are crispy and golden brown.
5. Serve on a plate with a dip or sauce.



Vegetable Pasta Bake



L Prep: 15 minutes

L Cook: 25 minutes

 Serves: 4-6

Recipe info

Ingredients

2 carrots
1 large onion
2 peppers (red or green)
200g can sweet corn
1 tbsp vegetable oil
50g cheddar cheese
400g can chopped tomatoes
Mixed herbs
1 tbsp tomato puree
225g pasta quills
Oil for greasing

Equipment

Weighing scales
Peeler
Chopping board
Sharp knife
Measuring spoons
Large non-stick frying pan
Sieve
Can opener
Mixing spoon
Grater
Large saucepan
Colander
Pastry brush
Oven proof dish
Oven gloves



Description

A colourful dish which is very filling and full of vitamins.

Method / What to do







1. Peel and chop the carrots and onion. De-seed and dice the peppers. Rinse and drain the sweet corn.
2. Gently fry the sweet corn, peppers, carrots and onion until soft.
3. Grate the cheese and set aside.
4. Add the tomatoes, mixed herbs and tomato puree to the vegetable mix. Cover and gently cook for 10 minutes, adding a little water if necessary.
5. Meanwhile, cook the pasta in boiling water as per packet instructions.
6. Drain the pasta and mix with the vegetable sauce.
7. Grease the oven proof dish and add the vegetable mixture.
8. Cover with grated cheese, grill for 8 –10 minutes until brown.

Variation

- Ⓢ A variety of different vegetables can be used, for example cauliflower, mushrooms, green beans.

Fish



Recipe	Preparation time	Cooking time	Level
Fish Curry	15-20 minutes	20 minutes	
Fish Fingers	25 minutes	20 minutes	
Poached Salmon with Vegetables and Rice	30 minutes	25 minutes	
Prawn and Vegetable Stir Fry	30 minutes	15-20 minutes	
Salade Niçoise	20 minutes	15-20 minutes	
Tuna Pasta Bake	10-15 minutes	20 minutes	

Fish Curry



L Prep: 15-20 minutes

L Cook: 20 minutes

 Serves: 4

Recipe info

Ingredients

1 large onion
1 garlic clove
1 red pepper
1 vegetable stock cube
200ml boiling water
1 tbsp vegetable oil
1 – 2 tbsp madras curry paste
100ml coconut milk
400g can of tomatoes
2 cod fillets
A few coriander leaves (optional)

Equipment

2 Chopping boards (green for vegetables and blue for fish)
Sharp knife
Measuring jug
Frying pan
Measuring spoons
Can opener
Mixing spoon
Kettle



Description

A spicy fish recipe using curry paste and tomatoes.

Method / What to do

1. Peel and chop the onion and garlic.
2. Wash, deseed and slice the pepper.
3. Dissolve the vegetable stock cube in the boiling water to make the stock.
4. Heat the oil in the frying pan and gently fry the onion, garlic and pepper for about 5 minutes or until soft.
5. Add the curry paste and stir-fry for 1 – 2 minutes, then add the coconut milk, tomatoes and stock. Bring to the boil then leave to simmer for 2 – 3 minutes.
6. Skin and cut the cod fillets into big chunks.
7. Add the fish to the simmering mixture. Gently cook for 5 - 10 minutes until the fish flakes easily. Add a few leaves of coriander as garnish.
8. Serve immediately with boiled rice or naan bread.

Variations

- ⊙ This dish can be made milder by using a less spicy curry paste, such as Korma.
- ⊙ To give this dish a Mediterranean flavour, use red pesto sauce instead of the curry paste. Fry the onion until soft, then add the tomatoes and stock along with 2 tablespoons of red pesto sauce. Bring to the boil, then add the fish and cook on a low heat for 4 – 5 minutes. Add a handful of fresh basil leaves just before serving with French bread.

Fish Fingers



L **Prep: 25 minutes**
(including 15 minutes chilling time)

L **Cook: 20 minutes**

 **Serves: 4**

Recipe info

Ingredients

Oil for greasing
4 skinned cod fillets
1 egg
1 teaspoon dried herbs
100g breadcrumbs
2 teaspoons paprika
Pepper

Equipment

Pastry brush
Baking tray
Blue chopping board
Sharp knife
Mixing bowl
Fork
Weighing scales
Large sandwich bag or shallow bowl
Measuring spoons
Plate
Fish slice
Oven gloves

Description

Children like fish fingers. This recipe shows how to make healthy fish fingers, easily.

Method / What to do

1. Preheat the oven to 190°C / gas mark 5.
2. Grease the baking tray.
3. Cut the fish into long strips across the grain (sideways) and season with black pepper.
4. In a bowl add the egg and herbs and beat with a fork.
5. Gently add the fish strips to the bowl.
6. Put the breadcrumbs and paprika into a large sandwich bag and shake or put into a shallow bowl and mix.
7. If using the sandwich bag, add a few fish strips, seal and gently shake the bag ensuring they are fully coated or roll in the bowl of breadcrumbs until covered.
8. Put on a plate and if possible chill for 15 minutes in the fridge.
9. Place fish on the baking tray and put in the oven.
10. Bake for about 10 minutes then flip the fingers over with a fish slice.
11. Continue to cook for a further 10 minutes or until the fish fingers are golden brown and cooked through.

Variation

- © Use chicken breast rather than fish to make 'chicken nuggets'.



Poached Salmon with Vegetables and Rice



L Prep: 30 minutes

L Cook: 25 minutes

 Serves: 4

Recipe info

Ingredients

2 limes
2 carrots
4 spring onions
1 small red pepper
2½ cm piece of root ginger
1 bunch fresh coriander
4 salmon fillets (approx 625g)
150g reduced fat coconut milk
200g basmati rice or jasmine rice
Salt and pepper

Equipment

Weighing scales
2 Chopping boards (green for vegetables and blue for fish)
Sharp knife
Lemon squeezer
Small bowl
Peeler
Grater
Colander
4 sheets of foil
Teaspoon
Measuring spoons
Baking tray
Medium saucepan
Sieve
Oven gloves
4 serving plates



Description

A very versatile and easy way to include fish in the diet.

Method / What to do

1. Preheat the oven to 180°C / gas mark 4.
2. Cut one of the limes in half and squeeze out the juice into a bowl, then peel and thinly slice the carrots and onions.
3. Seed, core and chop the red pepper.
4. Peel and grate the ginger.
5. Wash and finely chop the coriander.
6. Rinse salmon in the colander under cold running water. Drain and place each fillet on a separate piece of foil, with the skin facing downwards.
7. Sprinkle a pinch of salt and pepper on the fish and fold up the edges of the foil around the fish (so it looks like a bowl).
8. Spoon the lime juice over each salmon piece.
9. Divide the carrot, onion, red pepper and ginger between the salmon pieces.
10. Spoon 3 tablespoons of coconut milk and 1 tablespoon of water around each piece of salmon, close the foil into parcels.
11. Put the parcels of salmon on a baking tray.
12. Place in the centre of oven and cook for 15 minutes.
13. Meanwhile, half fill a saucepan with cold water and bring to boil. Add the rice and simmer for 8 – 10 minutes until tender.
14. Drain the rice into sieve and put back into the saucepan.
15. Squeeze the juice from the second lime and add to the rice and mix well.
16. Spoon the rice onto 4 serving plates.
17. Carefully open the foil parcels and place the fish on top of the rice.

Prawn and Vegetable Stir-Fry



L Prep: 30 minutes

L Cook: 15 - 20 minutes

Serves: 4

Recipe info

Ingredients

3 spring onions
1 clove of garlic
1 red pepper
1 large carrot
Handful of green beans
200g can sweetcorn
1 vegetable stock cube
550ml boiling water
1 lime
2 tbsp olive oil
250g cooked prawns
100g bean sprouts
200g egg noodles
1 tbsp sweet chilli sauce
1 tsp of soy sauce

Equipment

Sharp knife
Chopping board
Sieve
Kettle
Measuring jug
Lemon squeezer
Measuring spoons
Wok or frying pan
Weighing scales
Mixing spoon
Slotted spoon
Plate
Saucepan
Colander



Description

A colourful mix of vegetables and seafood that is very easy to make.

Method / What to do

1. Peel and chop the onions and garlic, deseed and chop the red pepper, finely chop the carrots and green beans.
2. Drain and rinse the sweet corn using the sieve.
3. Dissolve the stock cube into the boiling water in a jug.
4. Cut the lime in half and squeeze out the juice.
5. Heat a wok or frying pan until hot and stir-fry the prawns and garlic in olive oil for 2 minutes, remove with a slotted spoon and set aside on a plate.
6. Add the pepper, carrot, green beans, bean sprouts, spring onions and sweet corn to the wok or frying pan and stir-fry for 3 minutes.
7. Pour the stock into the wok or frying pan, bring to the boil then reduce the heat and simmer for about 10 minutes, or until the vegetables are tender.
8. Meanwhile cook the noodles in a saucepan following the packet instructions. When cooked drain using the colander.
9. Return the garlic and prawns to the wok or frying pan, add the noodles and stir in the lime, chilli sauce and soy sauce.
10. Once all ingredients are hot, serve immediately.

Salade Niçoise



L Prep: 20 minutes

L Cook: 15-20 minutes



Serves: 4-6

Recipe info

Ingredients

½ onion
2 eggs
50g frozen French beans
½ lettuce (Iceberg or Webbs)
1 green pepper
4 firm tomatoes
50g can anchovy fillets
200g can tuna
Olives

French Dressing

1 garlic clove
8 tbsp vegetable oil
4 tbsp wine vinegar
2 tsp French mustard
½ tsp caster sugar
Salt and pepper

Equipment

Chopping board
Sharp knife
Small saucepan
Colander
Large bowl
Fork
Measuring spoons
Garlic crusher
Empty jam jar with lid



Description

This delicious fish salad is from the south of France and may be served as a starter or as a main course with crusty bread.

Method / What to do

1. Peel and slice the onion.
2. Boil the eggs in water for 8 – 10 minutes, then place in cold water to prevent a black ring forming around the yolk. Peel and cut into quarters.
3. Cook the beans as directed on the packet and leave to cool.
4. Wash, dry and shred the lettuce. Wash the pepper, deseed and slice. Wash and quarter the tomatoes. Arrange in a bowl.
5. Drain the juice from the can of anchovies and tuna.
6. Flake the tuna with a fork and arrange the fish on the salad.
7. Decorate with the olives and eggs.

Prepare the French dressing

1. Peel and crush the garlic.
2. Put all the ingredients into a jam jar and tighten the lid.
3. Shake vigorously just before serving to mix together the oil and vinegar.
4. Sprinkle over the salad and serve immediately.

Tuna Pasta Bake



⌚ Prep: 10-15 minutes

⌚ Cook: 20 minutes

🍴 Serves: 2-4

Recipe info

Ingredients

175g pasta shapes
2 vegetable stock cubes
200g can tuna
½ leek
1 onion
125g cheddar cheese
25g butter
1 tbsp flour
450ml milk
12 cherry tomatoes
Oil for greasing

Equipment

Weighing scales
Large saucepan
Colander
Fork
Sharp knife
Chopping board
Grater
Measuring spoons
Medium sized saucepan
Mixing spoon
Oven proof dish
Oven gloves



Description









A classic store cupboard standby meal, which can be put together in half an hour, it is also a tasty way to include fish in the diet.

Method / What to do

1. Cook the pasta according to the instructions on the packet in plenty boiling water, seasoned with 1 vegetable stock cube. Drain.
2. Drain the tuna fish over the sink then flake it up using a fork.
3. Cut the leek lengthwise and wash out all the dirt.
4. Peel and chop the onion and leek finely, then grate the cheese.
5. Melt the butter and sauté the onion and leek until soft. Stir in flour and cook for 2 – 3 minutes.
6. Gradually stir in milk, bring to the boil, and simmer, stirring for 2 – 3 minutes. Remove from heat, add cheese and crumble in the remaining vegetable stock cube.
7. Add tuna and tomatoes and mix well together with the cooked pasta.
8. Spoon the pasta sauce into a greased ovenproof dish.
9. Sprinkle remaining cheese over pasta sauce. Place under a hot grill until lightly browned.

A close-up photograph of a burger. The burger is shown in two halves. The top half features a thick, browned, and slightly charred beef patty. Below the patty is a slice of bright green lettuce. The bottom half of the burger is topped with a slice of red tomato, a slice of white onion, and a slice of pickled cucumber. The burger is served on a golden-brown bun. The background is a blurred red and white checkered pattern.

Meat

Recipe	Preparation time	Cooking time	Level
Beef Burgers	15 minutes	10-20 minutes	
Chicken Risotto	15 minutes	35-40 minutes	
Chilli Con Carne	15 - 20 minutes	30 minutes	
Easy Chicken Stir-Fry	20-25 minutes	15-20 minutes	
Jamaican Jerk Chicken	15-20 minutes	45 minutes	
Pasta with Meatballs in Tomato Sauce	25 minutes	40 minutes	
Shepherd's Pie	25-30 minutes	30-40 minutes	
Spaghetti Bolognese	15 minutes	30 minutes	

Beef Burgers



L Prep: 15 minutes
Plus an optional 10 minutes

L Cook: 10-20 minutes

Serves: 4

Recipe info

Ingredients

1 onion
2 slices dry bread
500g lean minced beef
1 egg
1 tsp cumin seeds
¼ tsp cayenne pepper

To serve

3 tbsp tomato ketchup
1 tbsp mild mustard
4 white or wholemeal bread rolls
4 lettuce leaves
Black pepper to taste

Equipment

Chopping board
Sharp knife
Grater
Measuring spoons
Large glass bowl
Fish slice or palette knife
Oven gloves
Small bowl
Plate



Description

These beef burgers are a healthy version of the ubiquitous beef burgers consumed at fast food restaurants. Making burgers is cheap, simple and fun.

Method / What to do

1. Peel and finely chop the onion.
2. Grate the bread to make the breadcrumbs.
3. Mix the beef, onion, egg, cumin seeds and bread crumbs in a large bowl. By far the best way to do this is with your hands. If the mixture is very wet add more breadcrumbs.
4. Divide the mixture into four and form each into a burger shape. Pat them well to prevent them falling apart when cooked. Ideally, put them in the fridge for 10 minutes before cooking, although this is not essential.
5. Preheat the grill to medium / hot. These burgers are also great for cooking on a barbecue.
6. Grill for around 5 to 8 minutes on each side, depending on how well done you like your beef.
7. Turn the grill up to high two minutes before the beef burgers are cooked, add a very light dusting of cayenne pepper onto the burgers. Put them back under the grill for the remaining two minutes.
8. Mix the tomato ketchup and mustard in a small bowl, then top each burger with a teaspoon of the mixture.
9. Cut the rolls in half and lightly toast the cut side.
10. Finally, top the burger with a slice of lettuce, and place it in the cut roll. Eat immediately. Salad or a serving of baked beans are great accompaniments.

Teaching point

- ⦿ Using hands to mix up the ingredients is the most effective way, therefore ensure children wash their hands thoroughly before and after this process.

Chicken Risotto



⌚ Prep: 15 minutes

⌚ Cook: 35-40 minutes

🍴 Serves: 2

Recipe info

Ingredients

1 onion
1 red or green pepper
1 tsp fresh coriander
100g mushrooms
2 skinless chicken breasts
1 tbsp oil
75g rice
125g can sweet corn
1 chicken stock cube
450ml boiling water
1 tbsp Worcester sauce or
Tabasco sauce

Equipment

Sharp knife
Chopping board
Measuring spoons
Medium saucepan with lid
Plate
Weighing scales
Sieve
Mixing spoon
Measuring jug
Kettle

Description

A tasty risotto with a lovely creamy texture, incorporating the flavours of mushroom and chicken.

Method / What to do

1. Peel and chop the onion, de-seed and chop the pepper, chop the coriander and wash and slice the mushrooms.
2. Gently fry the chicken in the oil until it goes brown.
3. Remove the chicken from saucepan and leave to one side on a plate.
4. Add onion and rice to the saucepan and fry for about 7 minutes, keep stirring so the rice does not stick.
5. Drain the sweet corn.
6. Add the mushrooms, pepper, sweet corn, stock cube, water, sauce and coriander.
7. Cook over low heat for about 15 – 20 minutes until the rice is tender and all the water has absorbed.
8. Slice chicken and stir into rice.
9. Serve immediately.

Variation

- ⦿ To make this dish vegetarian, add a 425g can of kidney beans (be sure to drain off the juice and rinse). Add a vegetable cube instead of the chicken.



Chilli Con Carne



⌚ Prep: 15-20 minutes

⌚ Cook: 30 minutes

🍴 Serves: 6-8

Recipe info

Ingredients

1 large onion
2 garlic cloves
1 green pepper
2 tbsp fresh coriander
400g can red kidney beans
2 tbsp vegetable oil
500g lean minced beef
1 beef stock cube
150ml boiled water
1 tsp ground cumin
1 tsp dried chilli flakes
Few shakes of Tabasco sauce
1 tbsp tomato puree
425g can chopped tomatoes
Salt and pepper

Equipment

Chopping board
Sharp knife
Garlic crusher
Sieve
Measuring spoons
Large saucepan
Mixing spoon
Measuring jug
Kettle



Description

A typical Mexican spicy dish made with minced beef, chilli and kidney beans.

Method / What to do

1. Peel and finely chop the onion, peel and crush the garlic, then wash, deseed and dice the green pepper. Wash and finely chop the coriander.
2. Drain the liquid from the kidney beans using a sieve and rinse.
3. Heat the oil in the saucepan and cook the onion for 5 minutes until softened.
4. Stir in the garlic and green pepper. Then add the minced beef, breaking it up as it fries for another 5 minutes, or until browned.
5. Make up the stock by crumbling the stock cube into the boiled water and mix well.
6. Add the cumin, chilli flakes, Tabasco, tomato puree, tomatoes, beans and stock. Leave the mixture to simmer, stirring occasionally, for 30 minutes, or until thickened.
7. Season with salt and pepper, and stir in the coriander.

Teaching points

- 🕒 To serve, spoon into warm pasta bowls or plates with plenty of rice.
- 🕒 Garnish with diced avocado and tomato tossed with lime juice and coriander.

Easy Chicken Stir-Fry



🕒 Prep: 20-25 minutes

🕒 Cook: 15-20 minutes

🍴 Serves: 4

Recipe info

Ingredients

100g broccoli
100g baby sweet corn
4 skinless, boneless chicken breasts
2.5cm piece of root ginger
1 bunch of spring onions
2 carrots
2 tbsp olive oil
150ml boiling water
1 chicken stock cube

For the sauce

1 tbsp soft dark brown sugar
1 tbsp corn flour
1 tbsp soy sauce

Equipment

Weighing scales
Small saucepan
Sharp knife
2 chopping boards (red for meat and white or green for vegetables)
Colander
Peeler
Measuring spoons
Wok or frying pan
Kitchen towel
Mixing spoon
Plate
Measuring jug
Kettle
Small bowl
Large serving bowl



Description

This is a healthy family meal that is very quick to make.

Method / What to do

1. Half fill a saucepan with cold water and bring to the boil.
2. Wash and cut the broccoli into florets. 'Blanch' the broccoli and sweet corn in the saucepan of water for 2 minutes, drain off the water using a colander.
3. Cut the chicken into strips on a red chopping board or plate.
4. Peel the ginger and cut into matchsticks.
5. Trim and diagonally slice the spring onions.
6. Peel the carrots and cut into matchsticks.
7. Pour the oil into the wok and wipe it around with a piece of kitchen towel. Heat the wok until the oil is almost smoking. Add the chicken and stir-fry for 7 – 8 minutes, or until golden. Transfer to a plate and set aside.
8. Stir-fry the ginger, spring onions and carrots for 2 minutes. Stir in the broccoli and sweet corn, then cook for a further minute.
9. Make up the stock by pouring the boiling water into the jug, add the stock cube, stir well until it has dissolved.
10. Whisk together the sauce ingredients in a bowl until smooth and well blended.
11. Add the sauce, stock and chicken to the vegetables in the wok, bring to the boil then simmer for a further 2 minutes, or until heated through. Serve in a large bowl.

Teaching points

- 🕒 Use a red chopping board or a plate when chopping raw meat and ensure pupils wash their hands and sharp knife after handling meat to avoid cross-contamination.
- 🕒 Ensure the chicken is cooked thoroughly.

Jamaican Jerk Chicken



⌚ Prep: 15-20 minutes

⌚ Cook: 45 minutes

🍴 Serves: 4

Recipe info

Ingredients

1 onion
2 cloves garlic
1 tsp dried chilli flakes
2 tsp allspice
2 tsp black pepper
1 tsp nutmeg
½ tsp ground cinnamon
1 tsp dried thyme or 1 tbsp fresh thyme
3 tbsp vegetable oil
3 tbsp lime juice
3 tbsp soy sauce
4 large chicken pieces (thighs and legs)

Equipment

2 chopping boards (red for meat and white or green for vegetables)
Sharp knife
Measuring spoons
Food processor
Fork
Palette knife
Tongs
Oven gloves
Aluminium foil



Description

Jerk Chicken is a traditional Jamaican recipe for fried chicken in a spicy and aromatic coating.

Method / What to do

1. Peel and roughly chop the onion and garlic.
2. Put all the ingredients except the chicken in the food processor and blend into a paste.
3. Using a fork, poke a few holes in the chicken pieces, then spread the spicy mixture over the chicken using the palette knife.
4. Heat the grill for a few minutes, then lay the chicken pieces on the grill pan.
5. Grill the chicken on a medium setting for 10 – 15 minutes until the chicken is browned on both sides.
6. When the chicken is browned, reduce the heat of the grill, cover with foil and continue to cook turning occasionally to prevent burning until cooked, this takes about 20 – 30 minutes.
7. The chicken is cooked when pierced with a sharp knife and clear fluid runs out; if blood runs out, then the chicken needs further cooking.

Variations

- ⊙ The suggested amount of chilli in the recipe provides a mild spicy flavour. If a hotter flavour is preferred, add more chilli.
- ⊙ Leaving the chicken to chill in a sealed plastic container once it has been spread with the spicy mixture will allow the flavours to develop, giving the chicken a more spicy taste when cooked. Chill for 2 – 24 hours.
- ⊙ The chicken can also be cooked in an oven at 180°C gas mark 4. Put the chicken on a rack in a shallow roasting tin and roast until brown and tender for about 30 – 40 minutes.



Pasta with Meatballs in Tomato Sauce

L Prep: 25 minutes

L Cook: 40 minutes

 Serves: 4-6

Recipe info

Ingredients

400g pasta

For the meatballs

1 garlic clove

2 tbsp parmesan or cheddar cheese

500g minced beef or soya /

Quorn mince

1 egg

1 tsp oregano

3 tbsp semolina or breadcrumbs

Pepper (seasoning)

For the tomato sauce

1 onion

2 garlic cloves

1 tsp dried oregano

1 tbsp butter

1 tbsp olive oil

700g tomato passata or canned
chopped tomatoes

1 tsp sugar

Salt and pepper

100ml semi-skimmed milk

Equipment

Large chopping board

Sharp knife

Garlic crusher

Grater

Large mixing bowl

Plate

Clingfilm

Food processor

Measuring spoons

2 large saucepans

Mixing spoon

Measuring jug

Colander



Description

A traditional Italian dish which is very filling and great as a family meal - use Quorn mince for a vegetarian alternative.

Method / What to do

1. Peel and crush 1 garlic clove and grate the cheese.
2. To make the meatballs, put all the meatball ingredients in a large bowl, then mix together using your hands.
3. Shape mixture into meatballs and place them on a plate that you have lined with clingfilm, then leave to chill in the fridge.
4. To make the sauce, peel and finely chop the onion, then peel and crush the remaining garlic.
5. Put the onion, garlic and oregano into the food processor and blitz to a pulp.
6. Heat the butter and oil in the saucepan, then add the onion mixture and cook over a medium heat for about 10 minutes until it becomes soft.
7. Add the passata or tinned tomatoes to the saucepan, half fill the empty bottle or tin with cold water and add this to the pan with 1 teaspoon of sugar, some salt and pepper, and cook for about 10 minutes. The tomato sauce will start thin but it will thicken as it cooks.
8. In the meantime, boil some water in the other saucepan and put the pasta on to cook as described in "how to cook pasta" on page 64.
9. Stir the milk into the saucepan with the tomato sauce then drop the meatballs in one by one. Don't stir the pan until the meatballs have turned from pink to brown to avoid them breaking up.
10. Cook the meatballs with the saucepan lid on for about 20 minutes.
11. Drain the pasta using the colander, then add to a serving bowl and spoon the meatballs and sauce over the top.

Shepherd's Pie



L Prep: 25-30 minutes

L Cook: 30-40 minutes

Serves: 4-6

Recipe info

Ingredients

225g mashed potatoes (see
mashed potato recipe page 63)
1 onion
1 carrot
125mls boiling water
1 beef stock cube
225g minced lamb or beef
1 tsp cornflour
Salt and pepper

Equipment

Chopping board
Sharp knife
Measuring jug
Kettle
Measuring spoons
Large saucepan
Mixing spoon
Colander
Ovenproof dish
Oven gloves



Description

A simple yet filling family meal. The variations to this recipe are endless!

Method / What to do

1. Pre-heat the oven to 180°C / gas mark 4.
2. Prepare and make the mashed potatoes.
3. Finely chop the onion, peel and dice the carrot.
4. To make the stock, pour the boiling water into the jug, add the stock cube and stir until dissolved.
5. Using a saucepan, fry the mince until lightly coloured, drain well and remove from the pan.
6. Fry the onion and carrot, cooking gently until the onion is transparent and season to taste.
7. Return the meat, and add the stock to the pan.
8. Make up cornflour mixed with a few drops of water in a jug then add this to the pan, stirring well to prevent lumps forming.
9. Bring to the boil and stir until thickened.
10. Transfer the meat mixture into a ovenproof dish.
11. Cover the meat mixture with an even layer of mashed potato.
12. Bake in the oven for 30 – 40 minutes.

Variations

- ⊙ Shepherd's pie can be made using left-over meat if desired.
- ⊙ Many additions may be made, such as seasonal vegetables, garlic, herbs.
- ⊙ Sprinkle grated cheddar cheese on top once the pie has cooked, then return to the oven or grill for 5 minutes.
- ⊙ For a vegetarian shepherd's pie use lentils and a vegetable stock cube instead of meat and a beef stock cube.

Spaghetti Bolognese



L Prep: 15 minutes

L Cook: 30 minutes



Serves: 4-6

Recipe info

Ingredients

1 onion
1 carrot
1 tbsp of olive oil
400g can of plum tomatoes
Half a bunch of basil
500g mince meat
400g spaghetti
25g toasted breadcrumbs

Equipment

Chopping board
Sharp knife
Tablespoon
Large frying pan
Mixing spoon
Blender
Weighing scales
Large saucepan
Colander

Description

This is 'real' spaghetti Bolognese. Once you have tasted it, you may not want to go back to the jar or ready-made version. To make a really good spaghetti Bolognese, it is best for the flavours to infuse over time, however, it tastes good even when eaten immediately.

Method / What to do

1. Peel the onion and carrot and chop finely.
2. Heat the oil in frying pan.
3. Fry the onions gently until slightly browned. Add chopped carrot and cook for 5 minutes to soften.
4. Add tomatoes to pan and cook for 15 minutes.
5. Wash the basil, set aside some leaves, and chop the remainder.
6. Turn off the heat and add the chopped basil to the sauce.
7. Pour the tomato sauce from the pan into blender and blend until smooth.
8. Fry the mince in the saucepan until brown.
9. Add the tomato sauce from the blender to the mince and heat through.
10. Meanwhile cook spaghetti according to the packet instructions.
11. Drain pasta, saving 1 cup of the cooking water.
12. Add pasta to pan with sauce, thinning with pasta water if needed.
13. Serve with extra basil leaves and breadcrumbs on top.

















Teaching point

- ⦿ Ensure the sauce is cool before adding to the blender.



Vegetarian



Recipe	Preparation time	Cooking time	Level
African Vegetable Stew	15-20 minutes	30-35 minutes	
Cauliflower Cheese	15 minutes	25 minutes	
Corn on the Cob with Herb Vinaigrette	5 minutes	10 minutes  Microwave method	
Dhal	5-10 minutes	20-25 minutes	
Falafel	15 minutes	15 minutes	
Honey Vegetable Kebabs with Fresh Herb Dressing	20 minutes	10-15 minutes	
Kele Wele	30 minutes	10 minutes	
Pea and Potato Curry	20 minutes	35-40 minutes	
Ratatouille	15 minutes	15-20 minutes  Microwave method	
Red Bean Burgers	10-15 minutes	10 minutes	
Samosas	25-30 minutes	10 minutes	
Sesame Broccoli	15 minutes	10 minutes	
Spring Rolls	15-20 minutes	15 minutes	
Vegetable Biryani	15 minutes	40-50 minutes	

African Vegetable Stew



L Prep: 15-20 minutes

L Cook: 30-35 minutes



Serves: 4-6

Recipe info

Ingredients

1 large onion
1 garlic clove
1 tbsp olive oil
2 sweet potatoes
6 fresh tomatoes (or 425g can)
400g can chickpeas
100g raisins
Salt and pepper to taste
A few drops of Tabasco sauce
1 bunch spinach
100g uncooked rice
250ml water

Equipment

Sharp knife
Chopping board
Garlic crusher
Measuring spoons
Large saucepan
Peeler or vegetable scrubber
Can opener
Sieve
Mixing spoon
Measuring jug
Weighing scales



Description

A spicy stew which is very easy to make. The addition of Tabasco makes the flavours of the vegetables stand out.

Method / What to do

1. Peel and chop the onion finely. Peel and crush the garlic.
2. Fry the onion and garlic in the olive oil for 2 - 3 minutes.
3. Either peel the sweet potatoes, or scrub them well with a vegetable brush, then cut them into cubes.
4. Chop tomatoes if using fresh.
5. Drain and rinse the chickpeas.
6. Add the chickpeas, raisins, sweet potatoes, tomatoes, salt and pepper to the fried onion.
7. Thoroughly wash the spinach, trim the stems if necessary and chop. Add to the vegetable mix.
8. Cook for a couple of minutes.
9. Make a well in the centre of the mixture in the saucepan. Put the rice and water in the well and pat down until it is wet.
10. Cover and cook until the rice is soft or for about 20 - 25 minutes.

Cauliflower Cheese



L Prep: 15 minutes

L Cook: 25 minutes



Serves: 4-6

Recipe info

Ingredients

1 large cauliflower
Pinch of salt
250mls pint milk
3 tbsps plain flour
50g butter
100g cheddar cheese
½ tsp mustard powder
½ tsp nutmeg
Pepper
1 slice bread

Equipment

Sharp knife
Chopping board
Measuring jug
Large saucepan
Colander
Oven proof dish
Weighing scales
Small saucepan
Mixing spoon
Grater
Small mixing bowl
Measuring spoons
Oven gloves



Description

A substantial meal can be made out of cauliflower cheese and it is very quick to prepare and make.

Method / What to do

1. Wash and cut the cauliflower into florets.
2. Put the cauliflower in the large saucepan and add a pinch of salt, boil for 10 – 15 minutes, until the cauliflower is tender.
3. Drain the cauliflower and put into the oven proof dish.
4. Add the milk, flour and butter to the small saucepan and turn to a low heat, stir the mixture constantly until it thickens and is smooth in texture. Simmer the mixture for a further 2 – 3 minutes.
5. Grate the cheese in a bowl.
6. Add ¾ of the grated cheese, the mustard, a pinch of nutmeg and seasoning and cook for a further minute, stirring as you go.
7. Pour the sauce over the cauliflower.
8. Grate the bread and add to the remaining cheese in the bowl and mix together.
9. Sprinkle the grated cheese and breadcrumbs over the top of the cauliflower.
10. Place the cauliflower cheese under the grill and heat until the top turns golden brown in colour.


Variations


- ⊕ Add a finely chopped onion and 150g sliced mushrooms. Sauté the onions and mushrooms in butter for 2 – 3 minutes then add to the cooked cauliflower.
- ⊕ Add a pinch of cayenne pepper to add more flavour.

Corn on the Cob with Herb Vinaigrette



 Microwave method

 Prep: 5 minutes

 Cook: 10 minutes

 Serves: 4

Recipe info

Ingredients

4 corn on the cobs

For the vinaigrette

3 tbsp olive oil

2 tbsp lemon juice

2 tbsp chopped fresh mixed herbs

Salt and pepper

Equipment

Greaseproof paper (if corn does not have husks)

Ovenproof dish

Tongs (to turn corn while cooking)

Tablespoon

Whisk

Small mixing bowl

4 serving plates

Description

This recipe explains how to microwave the corn, although it can be boiled instead. Corn is often associated with Harvest Festival and is a very autumnal vegetable.

Method / What to do

1. Peel back the husks from the corn and remove the silk, then pull back the husks again to cover. If the corn is without husks, wrap separately in greaseproof paper.
2. Place the wrapped cobs side by side in the dish. Cook on HIGH for 8 – 10 minutes or until the corn is tender, turning and re-positioning two or three times during cooking.
3. Meanwhile, whisk the oil, lemon juice and herbs together and season to taste with salt and pepper.
4. When the corn is cooked, place on four warm serving plates and gently pull back the husks or remove the greaseproof paper. Pour a little dressing over each cob and serve immediately.

Teaching point

- 🕒 The cobs can be cut into smaller pieces and depending on the age of the child, you may want to cut it into two or three pieces, one for each child. Therefore 4 cobs would be sufficient for 8 younger or 4 older children.



Dhal



⌚ Prep: 5-10 minutes

⌚ Cook: 20-25 minutes

🍴 Serves: 4-6

Recipe info

Ingredients

3 spring onions or 1 small onion
1 - 2 cloves garlic
2cm piece fresh root ginger
1 tbsp sunflower oil
½ tsp turmeric
1 tsp ground cumin
100g red lentils
300ml water
Pepper

Equipment

Sharp knife
Chopping board
Garlic crusher
Grater
Measuring spoons
Large saucepan with lid
Measuring jug
Weighing scales
Mixing spoon

Description

This is a spicy thick soup, which can be served with rice or naan bread.

Method / What to do

1. Peel and finely chop the onion, then peel and crush the garlic.
2. Grate the ginger.
3. Heat the oil in the saucepan for 2 minutes, then add the onion, garlic, ginger, turmeric and cumin and fry for 5 minutes until soft.
4. Add the lentils and water to the saucepan and stir well.
5. Bring to the boil, reduce the heat and simmer for 20 minutes until the lentils are very soft and thick.
6. Season with pepper.
7. Serve with naan bread or rice.

Variation

- ⦿ For a thinner consistency, add 500ml water instead of 300ml.



Falafel



L Prep: 15 minutes

L Cook: 15 minutes



Makes: 18

Recipe info

Ingredients

Oil for greasing
1 onion
1 clove garlic
40g fresh parsley
2 x 425g canned chickpeas
1 egg
1 tsp ground coriander
1 tsp ground cumin
½ tsp paprika
Knife point of chilli pepper

Equipment

Pastry brush
Bun or small muffin tray
Chopping board
Sharp knife
Garlic crusher
Can opener
Sieve
Masher
Fork
Large mixing bowl
Small mixing bowl
Measuring spoons
Food processor (optional)
Teaspoon
Oven gloves
Cooling rack



Description

Falafels are small Mediterranean bean balls, that are normally deep fried. In this recipe the falafels are baked, making them a healthier option.

Method / What to do

1. Preheat the oven to 220°C / gas mark 7.
2. Grease the bun tray with a little oil, using the pastry brush.
3. Peel and finely chop the onion, peel and crush the garlic, then wash and finely chop the parsley.
4. Drain and rinse the chickpeas using a sieve.
5. Mash the chickpeas thoroughly in a large bowl.
6. Add the egg, finely chopped onion, parsley, crushed garlic and spices into the bowl and mix well with a fork. The mixture can be used like this or turned into more of a gritty paste by blending it in a food processor.
7. Drop a heaped teaspoonful of the mixture into each of the holes of the bun tray. Pat it down a little and place the tray on the middle shelf in the oven.
8. Bake for about 15 minutes until slightly golden..

Teaching points

- ☉ To serve in pita pockets, warm the pitas up in the oven for 2 – 3 minutes. Cut each pita in half across the centre, then fill with falafel, sliced tomato and cucumber. Serve with hummus or a tahini* dip (125mls tahini, 2tbsp water, juice of half a lemon, 2 tbsp olive oil mixed together).

* tahini is sesame paste so check no one is allergic to sesame seeds

Variation


- ☉ For a vegan variation use 2 tablespoons of chick pea flour to bind the falafel mixture instead of the beaten egg. Mix it in well.



Honey Vegetable Kebabs with Fresh Herb Dressing

L Prep: 20 minutes

L Cook: 10-15 minutes

 Makes: 6 kebab sticks

Recipe info

Ingredients

A selection of vegetables, for example:

Cooked vegetables
Small new potatoes
Sweet potato
Carrots
Parsnips
Raw fruit and vegetables
Courgette
Red or yellow pepper
Pineapple chunks
Cherry tomatoes
Mushrooms
Red onion
Aubergine
Halloumi cheese

For the marinade

1 clove of garlic
1 lemon or lime
2 tbsp of olive oil
2 tbsp of clear honey
2 tbsp of Dijon mustard

For herb dressing

200ml crème fraiche
1 tbsp fresh coriander
1 tbsp fresh basil

Equipment

Chopping board
Sharp knife
Medium saucepan
Lemon squeezer
Garlic crusher
Large mixing bowl
Small mixing bowl
Whisk
Mixing spoon
Measuring spoons
6 bamboo kebab skewers
Grill pan
Tongs
Pastry Brush



Description

Making kebabs is an enjoyable activity that can also be used to teach ordering and patterns. The halloumi cheese is great for grilling and adds flavour and texture to the vegetable kebabs.

Method / What to do

1. Preheat the grill.
2. Peel and cut the sweet potato, new potatoes and carrots (if using) into chunks and steam until just tender (about 10 minutes).
3. Squeeze the lemon or lime.
4. Peel and crush the garlic.
5. Place all of the ingredients for the marinade in a large bowl and whisk together.
6. Cut any other vegetables being used into large pieces:
 - Cut the pepper into quarters, and cut each quarter in half to make eight pieces. Discard any seeds.
 - Top and tail the courgette then cut the courgette into thick slices.
 - Wash and cut large mushrooms in half.
7. Put all of the vegetables into the bowl with the marinade, mix together and leave for 5 minutes.
8. Cut the halloumi cheese into cubes.
9. In the meantime, make the dressing by finely chopping the herbs then put them in a small bowl and stir into the crème fraiche, then refrigerate.
10. Thread fruit and vegetables and halloumi on skewers until all the vegetables are used.
11. Place the kebabs under the grill, turning occasionally with tongs and brushing on more marinade until they are golden brown (10 – 15 minutes).
12. Serve with the skewers with the herb dressing.

Teaching points

- ⊙ Soak the bamboo kebab skewers in water and cut the tips off.
- ⊙ Always wear oven gloves when placing food under the grill and taking food out from the grill.
- ⊙ Children can be asked to follow particular patterns or colour combinations when threading the vegetables on the skewers.

Kele Wele



L Prep: 30 minutes

L Cook: 10 minutes



Serves: 4-6

Recipe info

Ingredients

1 small onion
1 cm piece of root ginger
3 garlic cloves
1 tsp paprika
½ tsp salt
2 – 3 tbsp of olive oil
2 – 3 well ripened yellow plantains
Vegetable oil for frying

Equipment

Chopping board
Sharp knife
Garlic crusher
Measuring spoons
Large mixing bowl
Mixing spoon
Peeler
Large plate
Large non-stick frying pan

Description

This recipe comes from Ghana and is traditionally used as a dessert, but can be served as a savoury side dish.

Method / What to do

1. Peel and finely chop the onion and ginger, then peel and crush the garlic.
2. Mix the paprika, salt, ginger, garlic, onion and olive oil in a bowl.
3. Peel the plantains and cut diagonally into 1 cm slices.
4. Coat the plantain in the spice mixture and leave on a plate for 15 minutes.
5. Heat the oil in a frying pan over a medium heat.
6. When the oil is hot, add the plantain and fry until golden brown.

Teaching point

- ⦿ Take particular care when pupils are frying ingredients.



Pea and Potato Curry



⌚ Prep: 20 minutes

⌚ Cook: 35-40 minutes

🍴 Serves: 6

Recipe info

Ingredients

300g potatoes
2 cloves garlic
1 tsp oil
½ tsp coriander seeds
½ tsp cumin seeds
425g can tomatoes
1 tsp turmeric
1 inch root ginger
1 tsp chilli powder
½ tsp ground cinnamon
1 tsp dhanna jeera powder (half coriander powder / half cumin powder)
300g frozen peas

Equipment

Weighing scales
Chopping board
Sharp knife
Large saucepan with lid
Fork
Colander
Measuring spoons
Can opener
Mixing spoon
Measuring jug



Description

Everyone loves a curry and this is a great recipe for a simple curry.

Method / What to do

1. Clean the potatoes (they don't need peeling) and chop into cubes.
2. Place the chopped potatoes in a large saucepan and cover with water.
3. Boil the potatoes for 10 – 15 minutes. Try the potatoes with a fork to see if they are soft. Once cooked, drain and set aside.
4. Peel and chop the garlic.
5. Heat the oil in a large saucepan, add the coriander and cumin seeds and fry for a few minutes until they crack.
6. On a low heat add the tinned tomatoes and all the other remaining ingredients, stir to make a fairly smooth paste.
7. Add the peas and potatoes and 125ml of water and bring to the boil.
8. Cover and simmer for 10 – 12 minutes.


Teaching points


- 🕒 A handful of washed, chopped coriander sprinkled over the curry makes it look attractive and tastes great.
- 🕒 Serve with a dhal (lentils) or grilled skinless chicken.

Ratatouille



 Microwave method

 Prep: 15 minutes

 Cook: 15-20 minutes

 Serves: 4-6

Recipe info

Ingredients

2 aubergines
4 onions
2 red or green peppers
2 garlic cloves
3 tbsp olive oil
425g can chopped tomatoes
30ml tomato puree
1 tsp mixed herbs
Salt and pepper

Equipment

Chopping board
Sharp knife
Garlic crusher
Measuring spoons
Large microwave safe bowl
Can opener
Mixing spoon



Description

A classic French vegetarian dish that also counts towards your 5 - a day.

Method / What to do

1. Wash and thinly slice the aubergines, peel and thinly slice the onions.
2. De-seed and slice the peppers, peel and crush the garlic.
3. Put the oil into a large bowl with the onions and the garlic. Cover and cook on HIGH for 5 minutes or until soft.
4. Add the remaining ingredients, cover and cook on HIGH for 10 - 15 minutes or until the vegetables are soft and well mixed but retain their shape and most of the liquid has evaporated.
5. Serve hot or cold.

Teaching point

- 🕒 Demonstrating how to use the microwave safely at the start of the session is advised.

Red Bean Burgers



L Prep: 10-15 minutes

L Cook: 10 minutes

 Serves: 4

Recipe info

Ingredients

400g can kidney beans
1 small can of tuna (optional)
1 small onion
1 garlic clove
1tbsp vegetable oil
100g frozen or canned spinach
(thawed and moisture
squeezed out)
Sprinkle of chilli pepper
1 tsp ground coriander
½ tsp paprika
50g cornmeal (plus extra for
coating)

Equipment

Can opener
Sieve
Masher
Large mixing bowl
Chopping board
Sharp knife
Garlic crusher
Measuring spoons
Large non-stick frying pan
Mixing spoon
Weighing scales



Description

These burgers originate from African and Caribbean cuisine.

Method / What to do

1. Drain and rinse the kidney beans, then mash well in a bowl.
2. Drain the tuna if using.
3. Peel and finely chop the onion, then peel and crush the garlic.
4. Heat the oil and fry the onion and garlic until softened in a frying pan.
5. Drain the spinach using the colander and add to the kidney beans, onions and garlic.
6. Mix in the tuna with the rest of the ingredients in the bowl.
7. Shape into burgers and coat with the extra cornmeal.
8. Shallow fry the burgers for a few minutes on each side and serve with salad.

Variation

- ⦿ To reduce the fat content of these burgers use non-stick small muffin trays and bake in the oven for 15 minutes at 200°C / gas mark 6.

Samosas



⌚ Prep: 25-30 minutes

⌚ Cook: 10 minutes

🍴 Serves: 4

Recipe info

Ingredients

1 potato
1 carrot
1 onion
1 red chilli
2 tbsp fresh coriander
2 tbsp oil
2 tsp garam masala
2 tsp turmeric
3 – 4 tbsp water
50g peas (frozen)
30 sheets of spring roll
pastry/spring roll wrappers
Oil for greasing

Equipment

Chopping board
Peeler
Sharp knife
2 saucepans
Colander
Mixing spoon
Measuring spoons
Pastry brush
Baking tray
Oven gloves
Cooling rack



Description

Samosas are a common snack in the Indian subcontinent. Usually they are deep-fried but, as a healthier option, we have brushed them in a little oil and baked them. Samosas are great for picnics or as a packed lunch snack.

Method / What to do

1. Pre-heat oven to 220°C / gas mark 7.
2. Peel and dice the potato and carrot.
3. Peel and chop the onion.
4. Finely chop the chilli pepper. (Do not touch your face and eyes while chopping. Immediately after chopping, wash your hands well. Otherwise the residue on your hands will burn your skin.)
5. Wash and finely chop the coriander.
6. Par-boil the potato and carrot for 6 – 8 minutes.
7. Drain the vegetables in the colander
8. Gently fry the onions in a saucepan until soft.
9. Once the onions are softened add the carrot, potato, chilli pepper and spices and continue to fry for 2 minutes.
10. Add the water and peas and let simmer for 5 minutes.
11. Turn off the heat and add coriander. Let cool for 10 minutes.
12. Lay 2 - 3 sheets of pastry on the work surface.
13. Cut into 10cm wide strips. Brush with a little oil. Place the strip with the short side facing you.
14. Place a tablespoon of filling at the bottom left hand corner. Fold over to make a triangle. Repeat this process.
15. Place on a greased baking tray and repeat the process.
16. Brush the samosas with oil and bake for 10 minutes or until crispy and golden.
17. Remove from the oven and leave to cool on a cooling rack.

Teaching points

- ⊗ Non-vegetarian samosas may contain minced meat or fish.
- ⊗ Samosas are often served in chaat (small plates of savoury snacks), along with an accompaniment of yoghurt, chutney, chopped onions and coriander.

Variation

- ⊗ Filo pastry can be used instead of spring roll wrappers/pastry.

Sesame Broccoli



L Prep: 15 minutes

L Cook: 10 minutes

 Serves: 6

Recipe info

Ingredients

1 ½ tsp sesame seeds
250g broccoli

For the dressing

½ orange
2.5cm fresh ginger
1 tsp oil
1 tsp soy sauce

Equipment

Small frying pan
Small saucepan with lid
Chopping board
Sharp knife
Colander
Lemon squeezer
Small bowl
Grater
Measuring spoons
Mixing bowl
Mixing spoon

Description

Broccoli with a difference. The sesame seeds make it slightly nutty which combines well with the flavours of the soy sauce, ginger and orange juice.

Method / What to do

1. Toast sesame seeds in a frying pan over a medium heat for 3 minutes (do not use oil). Shake the pan occasionally. You may want to put a lid on the frying pan as the sesame seeds will pop when toasted.
2. Trim the stalk of the broccoli and cut into florets.
3. Boil or steam the broccoli until tender (5 – 6 minutes) then drain.
4. Squeeze the orange into a small bowl
5. Grate the ginger and squeeze out the juice into the mixing bowl. Discard the fibrous dry ginger.
6. Add 1 tablespoon of orange juice, the oil and soy sauce to the ginger in the mixing bowl and mix.
7. Place the broccoli in the dressing, mix well and sprinkle with sesame seeds.

Teaching point

- ⦿ Check no one is allergic to sesame seeds.



Spring Rolls



⌚ Prep: 15-20 minutes

⌚ Cook: 15 minutes

🍴 Serves: 6-8

Recipe info

Ingredients

Oil for greasing
1 nest of rice vermicelli
2 spring onions
1 large or 2 small carrots
1 tsp fresh coriander
250g bean sprouts
1 tbsp reduced salt soy sauce
1 tbsp oyster sauce
1 tsp of Chinese 5 spice
1 tsp corn flour
20 sheets of spring roll
pastry/spring roll wrappers

Equipment

Pastry brush
Baking tray
Saucepan
Colander
Chopping board
Sharp knife
Peeler
Grater
Large mixing bowl
Mixing spoon
Measuring spoons
Small bowl
Oven gloves
Cooling rack



Description

Usually spring rolls are deep-fried but, as a healthier option, we have brushed them in a little oil and baked them. They can work well as a picnic or packed lunch snack. This recipe can be used as part of the Chinese New Year celebration.

Method / What to do

1. Pre-heat the oven to 220°C / gas mark 7.
2. Grease the baking tray.
3. Boil the rice vermicelli for 3 minutes and drain using the colander.
4. Finely chop the spring onions, peel and grate the carrot, wash and chop the coriander and wash the bean sprouts.
5. In the mixing bowl, mix the grated carrot, bean sprouts, spring onion, fresh coriander and rice vermicelli.
6. Add the soy sauce, oyster sauce and Chinese 5 spice. Mix them well into the vegetables.
7. Meanwhile blend a teaspoon of corn flour with 2 teaspoons of water in a small bowl. This will act as a glue for the pastry.
8. Place one sheet, in a diamond shape, in front of you on the chopping board. Brush the edges of the pastry with the corn flour and water mixture all the way round.
9. Place a small "sausage shape" portion of vegetable filling near the corner at one end. Turn the corner nearest to you over the filling and tuck under. Fold the sides in and continue rolling it up away from you.
10. Brush each spring roll with oil and place on the baking tray.
11. Bake in the oven for about 15 minutes or until crispy.
12. Remove from the oven and leave to cool on a cooling rack.

Teaching point

- ⦿ The spring roll paper sheets are available from a variety of shops, including Chinese, Thai, Turkish and Vietnamese. Filo pastry can be used instead.

Variation

- ⦿ For a Turkish twist, replace the filling with 250g cooked, drained spinach (chopped), 1 large cooked potato (roughly mashed) and 50g feta cheese (crumbled) with a ½ tsp mixed herbs and pepper to taste.

Vegetable Biryani



🕒 Prep: 15 minutes

🕒 Cook: 40-50 minutes

🍴 Serves: 4

Recipe info

Ingredients

1 medium onion
2 garlic cloves
2½ cm piece of ginger
750g mixed frozen or fresh vegetables
½ tbsp oil
1 tsp cumin powder
½ tsp coriander powder
425g can chopped tomatoes
700mls water
185g brown rice
Pepper

Equipment

Weighing scales
Chopping board
Sharp knife
Peeler
Measuring spoons
Large frying pan
Can opener
Mixing spoon
Measuring jug

Description

Biryani is a dish made with spices, rice (usually basmati) and meat or vegetables. It was spread throughout the Middle East and South Asia by Muslim travellers and merchants and is very popular in India, Pakistan and Bangladesh.























Method / What to do

1. Peel and chop the onion, garlic and ginger.
2. Wash, peel where necessary and dice vegetables if fresh.
3. Heat the oil in the frying pan and gently fry the onions until soft.
4. Add the garlic and ginger and cook briefly.
5. Add cumin and coriander and cook for a few seconds.
6. Add tomatoes and cook for 5 minutes.
7. Add the vegetables and the rice into the pan and cook for 4 minutes.
8. Add black pepper and water and simmer until cooked (see rice packet for timings).



Bread and Bakes



Recipe	Preparation time	Cooking time	Level
Banana & Date Bread	15 minutes	40 - 50 minutes	
Calzone Pizza	30 minutes	15 - 20 minutes	
Carrot and Banana Muffins	15 minutes	25 minutes	
Cheese Straws	30 minutes	15 minutes	
Chelsea Buns	25-30 minutes	25 minutes	
Chilli Bread	20 - 25 minutes	20 - 25 minutes	
Cornbread Muffins	15 minutes	20-25 minutes	
Eccles Cakes	30 minutes	20 minutes	
Flapjacks	10 minutes	20-25 minutes	
Focaccia Bread	30 minutes	15 minutes	
Ginger Biscuits	10 - 15 minutes	10 minutes	
Pizza (yeast dough)	25 minutes	10 - 15 minutes	
Pizza Marinara and Pizza Romana	25 minutes	10 - 15 minutes	
Purim Biscuits	25 minutes	20 - 35 minutes	
Quick Cheese Pizza	25 minutes	10-15 minutes	
Quick Dough	15 minutes	0 minutes	
Quick Bread Rolls	30 minutes	20 minutes	
Rock Buns	15 minutes	20 minutes	
Savoury Scones	15 minutes	15 minutes	
Scones	10 minutes	15 minutes	
Sweet Muffins	10 minutes	25-30 minutes	
Welsh Cakes	25 minutes	10 minutes	

Banana & Date Bread



⌚ Prep: 15 minutes

⌚ Cook: 40-50 minutes



Serves: 6-8

Recipe info

Ingredients

Oil for greasing
4 ripe bananas
5 stoned dates
100g wholemeal flour
100g plain white flour
2 tsp of baking powder
2 tsp of cinnamon
1 tbsp of raisins (optional)
2 eggs
25g margarine
25g caster sugar

Equipment

1 lb loaf tin
Pastry brush
Fork
2 Mixing bowls
Sharp knife
Chopping board
Measuring spoons
Sieve
Weighing scales
Mixing spoon
Oven gloves
Cooling rack



Description

The ripe bananas and dried fruit make this bread naturally sweet so only a little sugar is used.

Method / What to do

1. Pre-heat oven to 180°C / gas mark 4.
2. Grease the loaf tin.
3. Mash the bananas well with a fork in the mixing bowl.
4. Chop the dates.
5. Sieve the flours, baking powder and cinnamon together.
6. Mix all the ingredients into the mashed banana until they are well blended.
7. Put the mixture into the greased loaf tin and bake in the oven for 40 – 50 minutes.
8. Remove from the oven, leave to cool in the tin for 5 minutes then turn out the bread onto the cooling rack.

Teaching points

- ⊙ Cooking time can be reduced if the mixture is divided up and put into mini loaf tins or in a bun tray – bake in the oven for 25 minutes until firm to touch and golden brown.
- ⊙ Once mixed, put the bread into the oven as soon as possible or it may fail to rise. This is because the baking powder starts to react as soon as it is mixed with liquids and will only work for a limited time.

Calzone Pizza



⌚ Prep: 30 minutes

⌚ Cook: 15-20 minutes

🍴 Makes: 3

Recipe info

Ingredients

Oil for greasing
1 quantity of quick dough, (page 121)
2 tomatoes
2 spring onions
50g mozzarella cheese or ricotta cheese
50g spinach leaves
3 tbsp passata (pureed, sieved tomatoes)
25g black olives
12-15 basil leaves
¼ tsp dried oregano
1 medium sized egg

Equipment

Pastry brush
Large baking tray
Mixing bowl
Cling film
Chopping board
Sharp knife
Rolling pin
Palette knife
Measuring spoons
Fork
Small bowl
Oven gloves
Cooling rack



Description

Calzone means 'trousers' in Italian. Calzone is made with the quick dough folded to contain a filling. A calzone looks like a giant pasty, it is delicious hot or cold and makes an easily transportable picnic dish.

Method / What to do

1. Pre-heat the oven to 200°C / gas mark 6.
2. Grease the baking tray.
3. Make the quick dough and knead until very smooth. Leave to rise in a bowl covered with cling film for approximately 10 minutes.
4. While the bread is rising prepare the fillings. Chop the tomatoes, finely chop the spring onions, slice the mozzarella or ricotta cheese, and wash the spinach.
5. Knead the dough again and divide into 3 equal sized pieces.
6. Roll each piece into a 16 cm diameter circle. Place the circles on the baking tray.
7. In turn, spread half of each with passata, keeping 1 – 2cm away from the edge. Then add a mixture of other fillings or combinations of your choice, include herbs and season well.
8. Beat the egg in the small bowl and brush the edges of the dough with the beaten egg then fold the remaining dough over. Press the edges together, pinching them to prevent the filling seeping out.
9. Brush each with beaten egg and bake for 15 – 20 minutes until golden brown.

Teaching points

- ⊙ Remember to fill the calzone on the baking trays. This avoids the calzone filling falling out in the transfer from table to tray.
- ⊙ Try not to put too much filling in the calzone as it will spill out during cooking.
- ⊙ To peel tomatoes, cover them with boiling water for about 10 – 15 seconds. The skin should come off easily, but be careful as they will be hot.

Variations

- ⊙ Experiment with a variety of fillings – pineapple, cooked Mediterranean vegetables, red and green peppers, aubergines, anchovies and capers.
- ⊙ Use tomato puree, drained sieved tinned tomatoes or ready-made pizza topping instead of passata.

Carrot and Banana Muffins



⌚ Prep: 15 minutes

⌚ Cook: 25 minutes

🍴 Makes: 8

Recipe info

Ingredients

2 carrots
1 ripe banana
125g self-raising flour
1 tsp baking powder
1 tsp ground cinnamon
25g sugar
1 medium egg

Equipment

8 muffin cases
Muffin tin
Grater
Small plate
Masher
Small mixing bowl
Weighing scales
Large mixing bowl
Measuring spoons
Sieve
Tablespoon
Oven gloves
Cooling rack

Description

These muffins contain a creative mixture of sweetness from both carrots and fruit. This makes them a tasty snack-time treat.

Method / What to do

1. Pre-heat the oven to 170°C / gas mark 4.
2. Place 8 muffin cases into the muffin tin
3. Peel and grate the carrots, then peel and mash the banana.
4. Sift the flour together with the baking powder and cinnamon into the mixing bowl.
5. Add all the remaining ingredients to the bowl and stir well.
6. Spoon the mixture into the cases, filling them half full.
7. Bake for 20 – 25 minutes until firm to touch.
8. Remove from the oven and leave to cool for 5 minutes before removing from the tin.

Variation

- ⊙ Replace the carrots with the same quantity of grated apple and the sultanas with the same quantity of chopped dates.



Cheese Straws



L Prep: 30 minutes

L Cook: 15 minutes

 Serves: 6-8

Recipe info

Ingredients

Oil for greasing
100g plain flour
Pinch cayenne pepper
½ tsp mustard powder
50g butter
1 egg
50g mature cheddar cheese

Equipment

Baking tray
Pastry brush
Greaseproof paper
Weighing scales
Measuring spoons
Sieve
Large mixing bowl
Mixing spoon
Palette knife
Small bowl
Fork
Grater
Cling film
Rolling pin
Oven gloves
Cooling rack



Description

Delicious cheesy sticks, perfect for serving with dips or good to eat on their own as a light snack.

Method / What to do

1. Preheat oven to 200°C / gas mark 6.
2. Grease and line a baking tray with greaseproof paper.
3. Sift the flour and cayenne pepper together into the large mixing bowl. Mix in the mustard powder.
4. Using the palette knife, cut the butter up into small pieces.
5. Rub the butter into the flour using your fingertips, until it looks like breadcrumbs.
6. Carefully separate the egg and put the yolk into a small bowl. Beat the yolk well, using a fork.
7. Grate the cheese
8. Stir in the grated cheese and beaten egg yolk into the flour mixture. Mix well to form a smooth dough – add a little cold water if the dough is too dry.
9. Cover the dough in cling film and leave to chill in the fridge for 15 minutes.
10. Lightly flour the work surface and roll out the dough into a square of about ½cm thickness.
11. Use the palette knife to cut the dough into strips about 12cm long and 1cm wide.
12. Put the strips onto the baking tray and bake for 15 minutes until golden brown.
13. Remove from the oven and leave to cool for 5 minutes on the tray to prevent them from breaking, before transferring to the cooling rack.

Variation

- © Different additions can be made to the basic dough: replace the cheddar with parmesan, add 1 tsp mixed herbs or just have them plain.

Chelsea Buns



⌚ Prep: 25-30 minutes

⌚ Cook: 25 minutes



Makes: 6-8

Recipe info

Ingredients

Oil for greasing
1 egg
225g strong plain (bread) flour
Pinch salt
75g butter
1 tsp caster sugar
2 tsp dried yeast
125ml warm milk
100g dried fruit
100g light soft brown sugar
2½ tsp cinnamon
1 tbsp clear honey

Equipment

Baking tray
Pastry brush
Weighing scales
3 Small bowls
Fork
Large mixing bowl
Palette knife
Measuring spoons
Measuring jug
Mixing spoon
Plastic bag
Rolling pin
Sharp knife
Microwave
Oven gloves
Cooling rack



Description

This bun recipe dates back to the 1930s and was originally created by the Hands family. The buns were sold at the old Chelsea Bun House in London.

Method / What to do

1. Pre-heat the oven to 200°C / gas mark 6.
2. Grease the baking tray lightly.
3. Crack the egg into a small bowl and beat with a fork.
4. Put the flour and salt in the mixing bowl and cut the butter into small pieces. Rub the butter into the flour until it looks like breadcrumbs.
5. Stir in the caster sugar and yeast, then add the milk and beaten egg. Mix to form a soft dough.
6. Knead the dough on a floured surface until smooth and not sticky.
7. Put the dough in an oiled plastic bag and leave in a warm place to rise for 15 minutes.
8. In the other small bowl mix together the dried fruit, brown sugar, and cinnamon.
9. Lightly flour the table then roll out the dough into an oblong shape 20cm x 10cm.
10. Spoon the dried fruit mixture on to the dough, leaving 1cm around the edge.
11. Roll up the dough tightly length ways, then seal edges with a little water.
12. Cut dough into 3cm rounds and put them close together on the baking tray.
13. Sprinkle brown sugar and cinnamon over the top and bake in the oven for 25 minutes until well risen.
14. Warm the honey in a small glass bowl for 10 seconds in the microwave.
15. Remove from the oven and drizzle the honey over the top of the buns.
16. Leave to cool in the tray before transferring them to a cooling rack.

Chilli Bread



⌚ Prep: 20-25 minutes

⌚ Cook: 20-25 minutes



Serves: 6

Recipe info

Ingredients

Oil for greasing
½ red chilli or 1 tsp dried chill flakes
50g parmesan cheese
100g polenta
200g self raising flour
1 level tsp sugar
½ tsp salt
250ml milk
1 egg
50ml olive oil or melted butter

Equipment

450g loaf tin or muffin tin with muffin cases
Pastry brush
Chopping board
Sharp knife
Weighing scales
Grater
Mixing bowl
Measuring spoons
Mixing spoon
Measuring jug
Fork
Oven gloves
Cooling rack



Description

This is a sweet, spicy bread; delicious spread with butter or margarine.

Method / What to do

1. Pre-heat the oven to 180°C / gas mark 4.
2. Grease and line a loaf tin or prepare a muffin tin with cases.
3. Deseed the chilli and chop finely (do not touch your face and eyes while chopping. Immediately after chopping wash your hands well. Otherwise the residue on your hands will burn your skin).
4. Grate the cheese.
5. Mix all the dry ingredients together including the chillies and grated cheese in the mixing bowl.
6. Measure out the milk, add the egg and oil and whisk together in the jug.
7. Make a well in the centre of the dry ingredients and add all the milk mixture. Stir until all the ingredients are mixed together. Do not over mix, the mixture may be lumpy.
8. Pour the mixture into the prepared tin or cases.
9. Bake in the centre of the oven, for 20 - 25 minutes for muffins or 35 - 40 minutes for a loaf, until risen, golden brown and set.
10. Allow to cool for a few minutes before turning out. Cool on a cooling rack.

Teaching points

- ⊙ Take care when preparing the chillies, wash your hands thoroughly after handling and do not touch your face.
- ⊙ Once mixed put the bread into the oven as soon as possible or it may fail to rise. This is because the raising agent in the flour starts to react as soon as it is mixed with liquids and only will work for a limited time.

Cornbread Muffins



⌚ Prep: 15 minutes

⌚ Cook: 20-25 minutes



Serves: 6

Recipe info

Ingredients

75g cheddar or parmesan cheese
50g butter or polyunsaturated margarine
100g self raising flour
1 tbsp baking powder
¼ tsp salt
1 tsp paprika
100g polenta
300ml milk
2 medium eggs

Equipment

Muffin tin and 6 muffin cases or baking tray
Weighing scales
Grater
Plate
Small saucepan
Measuring spoons
Mixing bowl
Sieve
Mixing spoon
Measuring jug
Fork
Oven gloves
Cooling rack



Description

Cornmeal (polenta) is used to make this light golden bread. Cornmeal is made from maize kernels ground with some of the husks. Sophie Grigson, famous food writer and celebrity chef, created this recipe for Focus on Food.

Method / What to do

1. Pre-heat the oven to 200°C / gas mark 6.
2. Prepare the muffin tin or a baking tray with 6 muffin cases.
3. Grate the cheese.
4. Place the butter or margarine in the saucepan and heat gently until melted.
5. Sift the flour and baking powder together in the mixing bowl.
6. Add the salt, paprika, polenta and grated cheese to the flour in the mixing bowl. Mix well. Make a 'well' in the centre.
7. Measure the milk and add the melted butter and eggs in to the jug and whisk with the fork.
8. Pour all the liquid mixture into the well. Mix quickly; the mixture may still have some lumps in it, do not over mix.
9. Pour into the prepared muffin cases.
10. Bake 20 – 25 minutes until risen, firm and lightly browned.
11. Remove from the oven and leave to cool for 5 minutes before removing muffins from cases or baking tray.

Teaching points

- ⊙ Bake as soon as the mixture is made, because the baking powder starts to work when the liquid is added.
- ⊙ Best eaten warm on the day they are baked.

Variation

- ⊙ Add 5 – 6 finely chopped dried tomatoes to the cornmeal and flour mixture. Sprinkle 25g finely grated parmesan cheese on the top before baking for a richer taste.

Eccles Cakes



⌚ Prep: 30 minutes

⌚ Cook: 20 minutes



Serves: 6-8

Recipe info

Ingredients

Oil for greasing
25g butter
25g soft brown sugar
50g currants
50g sultanas
½ tsp ground cinnamon (optional)
½ tsp ground nutmeg (optional)
250g puff pastry, defrosted
Flour for dusting
Caster sugar and milk for glazing

Equipment

Baking tray
Pastry brush
Weighing scales
Large mixing bowl
Mixing spoon
Measuring spoons
Rolling pin
9cm cutter or plate
Sharp knife
Oven gloves
Cooling rack



Description

An Eccles cake is a small, round cake filled with currants and made with puff pastry. The first record of commercial production of Eccles cakes dates back to a bakery in Eccles (Greater Manchester) from 1793. Eccles cakes are also called 'dead fly pies' or 'squashed fly cake' because of the appearance of the currants.

Method / What to do

1. Pre-heat the oven to 220°C / gas mark 7.
2. Grease the baking tray.
3. Cream the butter and brown sugar together in the mixing bowl.
4. Add the dried fruit plus cinnamon and nutmeg, if using.
5. On a lightly floured work surface roll out the pastry to about ½cm thick.
6. Cut the pastry into 9cm circles.
7. Place a large teaspoonful of the mixture in the centre of each circle of pastry.
8. Dampen the edges of the pastry with water and fold the edges together and pinch firmly to form into a flat cake.
9. Place each cake pinched side down and flatten gently on the baking tray
10. Cut a slit on top of each cake, using a sharp knife, this will allow the steam to escape during cooking.
11. Brush the top of each cake with milk and sprinkle with caster sugar.
12. Bake in the oven for about 20 minutes or until golden brown.
13. Remove from the oven and allow them to cool on a cooling rack for 5 minutes.

Variation

- © Originally Eccles cakes were made using only currants. So if you want to make 'proper' Eccles cakes, substitute the sultanas for currants.

Flapjacks



L Prep: 10 minutes

L Cook: 20-25 minutes

 Makes: 8

Recipe info

Ingredients

Oil for greasing
75g polyunsaturated margarine or butter
1 tbsps syrup
50g sugar
150g porridge oats

Equipment

18cm sandwich cake tin (or similar)
Pastry brush
Weighing scales
Measuring spoon
Saucepan
Mixing spoon
Oven gloves
Sharp knife
Cooling rack

Description

Flapjack is a type of oat biscuit. Flapjacks keep well, are easy to make and can be varied with fruit and nuts.

Method / What to do

1. Pre-heat oven to 180°C / gas mark 4.
2. Grease the sandwich cake tin.
3. Place margarine or butter, syrup and sugar into a saucepan and gently warm on the hob until the mixture becomes a liquid. DO NOT BOIL.
4. Remove from the hob and add the oats. Mix well.
5. Press the mixture into the tin and smooth with the back of a teaspoon.
6. Bake in the middle of the oven for approximately 20 – 25 minutes until golden brown.
7. Mark into 8 pieces with a sharp knife and leave to cool in the tin.
8. When cool, ease carefully from the tin and place on the cooling rack.

Variations

- ⊙ Use jumbo oats to replace some or all of the porridge oats
- ⊙ Add nuts, seeds, chopped apple or dried fruit such as raisins, dates, apricots and sultanas.



Focaccia Bread



⌚ Prep: 30 minutes

⌚ Cook: 15 minutes

🍴 Makes: 2

Recipe info

Ingredients

- 1 quantity of quick dough, (page 121)
- Oil for greasing
- 2 tsp plain flour for flouring
- 1 tbsp olive oil
- 3 sprigs fresh rosemary
- 1 level tsp sea salt

Equipment

- Baking tray
- Pastry brush
- Rolling pin
- Cling film
- Measuring spoons
- Oven gloves
- Cooling rack



Description

This is made from the basic recipe for quick dough. Originally made without yeast, this Italian flatbread used to be made with a 'starter' - a loose batter of yeast, flour and water left to ferment for at least 12 hours before being mixed with more flour, salt and a little water.

Method / What to do

1. Heat the oven to 230°C / gas mark 8.
2. Prepare the quick dough and knead it thoroughly.
3. Grease and flour the baking tray.
4. Roll out the dough into a 23cm round. Place it on the baking tray.
5. Cover it with clingfilm and leave to rise for approximately 15 minutes.
6. Make indents with your fingertips all over the dough.
7. Drizzle olive oil over the dough, divide the rosemary and put rosemary leaves in each 'hole'.
8. Sprinkle with sea salt.
9. Bake for approximately 15 minutes until golden brown.
10. Remove from the oven, cut into slices and serve.

Teaching points

- ⊙ Knead the dough thoroughly to strengthen the gluten enough to hold the carbon dioxide bubbles.
- ⊙ The dough can be made in advance and left in an oiled bowl, covered with oiled cling film. Leave it at room temperature for 20 – 30 minutes, then shape or leave in the fridge for 1 – 2 hours to slow down the rising.

Ginger Biscuits



⌚ Prep: 10-15 minutes

⌚ Cook: 10 minutes



Makes: 12

Recipe info

Ingredients

Oil for greasing
100g plain flour
1 tsp bicarbonate of soda
1 tsp of ground ginger
50g polyunsaturated margarine
or butter
25g sugar
2 level tbsp syrup

Equipment

Baking tray
Pastry brush
Weighing scales
Sieve
Mixing bowl
Measuring spoons
Small saucepan
Mixing spoon
Oven gloves
Cooling rack

Description

The warm spicy flavour of ginger makes these crunchy biscuits a delectable treat.

Method / What to do

1. Preheat the oven 190°C / gas mark 5.
2. Grease the baking tray.
3. Sieve the dry ingredients into a mixing bowl.
4. Heat the margarine or butter, sugar and syrup over a gentle heat until melted.
5. Cool slightly and add to the dry ingredients – mix with a mixing spoon.
6. Divide the mixture into 12 balls, rolled lightly in moistened hands.
7. Place the biscuits on the tray, well spaced and flatten slightly.
8. Bake for 10 minutes.
9. Lift carefully onto a cooling rack as they will still be soft. Leave to cool for 5 minutes.



Pizza (Yeast Dough)



⌚ Prep: 25 minutes

⌚ Cook: 10-15 minutes

🍴 Makes: 2 small

Recipe info

Ingredients

For the base

250g strong white flour

½ tsp salt

7g packet fast action dried yeast

1 tbsp oil

150ml warm water

For the topping

5 tablespoons of pizza sauce

200g of mozzarella cheese

Handful fresh basil

Equipment

1 large or 2 smaller baking trays

Pastry brush

Weighing scales

Sieve

Large mixing bowl

Measuring spoons

Mixing spoon

Measuring jug

Cling film

Rolling pin

Palette knife

Sharp knife

Chopping board

Pastry brush

Oven gloves

Description

A traditional way to make pizza using yeast which can be covered with various toppings.

Method / What to do

1. Preheat oven to 200°C / gas mark 6.
2. Grease the baking tray(s).
3. Sieve together the flour and salt into the mixing bowl.
4. Stir in the yeast.
5. Add the oil and enough warm water to mix into a soft dough.
6. Knead the dough for 5 – 10 minutes on a lightly floured work surface.
7. Place the dough in the bowl, cover with clingfilm and allow to prove for 20 minutes.
8. Divide the dough in half and roll out each into a round disk.
9. Place the dough bases on baking trays.
10. Spread the pizza sauce over the base using the palette knife.
11. Slice the mozzarella cheese.
12. Arrange the slices of cheese over the tomato sauce.
13. Wash and chop the basil and sprinkle over the pizza.
14. Place the pizza in the oven and bake for 10 – 15 minutes.
15. Remove from the oven, cut into slices and serve.

Variation

- ⊙ Try different combinations of toppings, including plenty of vegetables, e.g. spinach, peppers, tomatoes, mushrooms, onion.



Pizza Marinara and Pizza Romana



⌚ Prep: 25 minutes

⌚ Cook: 10-15 minutes

🍴 Makes: 2 small

Recipe info

Ingredients

Oil for greasing
1 quantity of quick dough per pizza
4 tbsp passata (sieved tomatoes)
1 level tsp dried oregano
2 tbsp olive oil
Salt and pepper

For Pizza Marinara

1 clove of garlic
3 tomatoes

For Pizza Romana

2 tomatoes
50g anchovy fillets
100g mozzarella cheese

Equipment

30cm diameter pizza pan or baking tray
Pastry brush
Rolling pin
Palette knife
Chopping board
Sharp knife
Measuring spoons
Oven gloves



Description

Of these two traditional pizzas, Marinara pizza does not include seafood and is dairy free, while the Romana pizza topping includes anchovy fillets and mozzarella cheese.

Method / What to do

1. Pre-heat the oven to 240°C / gas mark 9.
2. Grease the pizza pan or baking tray.
3. Knead the prepared dough and roll it into a 30cm diameter circle or rectangle. Place on the baking tray or pizza pan.
4. Spread the passata thinly over the pizza base using the palette knife, then sprinkle with oregano.
5. For PIZZA MARINARA, finely chop the garlic, then peel and thinly slice the tomatoes.
6. Spread the garlic and tomato slices evenly across the pizza.
7. Sprinkle with olive oil and season well.
8. For PIZZA ROMANA, peel and thinly slice the tomatoes. Drain and slice the anchovies into thin strips. Cut the mozzarella into small cubes.
9. Arrange the tomatoes, anchovies and mozzarella evenly on the pizza base.
10. Sprinkle with olive oil and season well.
11. Bake for 10 – 15 minutes until the cheese has melted and lightly browned.
12. Remove from the oven, cut into slices and serve.

Teaching points

- ⊙ Cook pizzas in a fierce heat! The time taken to cook a pizza depends on the oven temperature. The higher the heat, the faster it cooks!
- ⊙ Drain the anchovy fillets (if in oil) using a sieve, patting off the excess oil with kitchen roll.
- ⊙ To peel tomatoes, cover them with boiling water for about 10 – 15 seconds. The skin should come off easily, but be careful as they are hot.

Variation

- ⊙ Try making a basic pizza marguerita (tomatoes and cheese) and add extra ingredients.

Purim Biscuits



⌚ Prep: 25 minutes

⌚ Cook: 20-35 minutes

🍴 Makes: 10-12

Recipe info

Ingredients

Oil for greasing
125g butter
125g sugar
1 tsp vanilla essence
4 eggs
250g plain flour
2 tbsp of jam

Equipment

2 baking trays
Pastry brush
Weighing scales
Measuring spoons
Large mixing bowl
Mixing spoon
Clingfilm
Small mixing bowl
Rolling pin
7.5cm round pastry cutter
Teaspoon
Fork
Oven gloves
Cooling rack

Description

Purim is a Jewish festival before Passover. Purim biscuit or Hamantasch is a pastry recognisable for its three-cornered shape (ear shape). These can be made with many different flavours, including prune, nut, poppy, date, apricot, jam, chocolate or even cheese. They are made and handed out during the festival, according to Jewish customs.

Method / What to do

1. Preheat oven to 180°C / gas mark 4.
2. Grease two baking trays.
3. Cream the butter and sugar in the mixing bowl, then beat in the vanilla essence.
4. Separate 3 eggs, discard the white and add the egg yolks to the butter mixture.
5. Add the flour to the butter mixture; blend with a spoon, then work by hand to form a soft dough.
6. Knead lightly until smooth. Wrap in cling film and chill.
7. Roll out the dough on a floured surface to 0.3cm thick.
8. Using the pastry cutters, cut into circles.
9. Place a rounded teaspoon of jam in the centre of each circle.
10. Crack and beat the remaining egg in a bowl.
11. Brush edges with beaten egg.
12. Fold up three sides to make a triangular shape with a large opening in the middle. Pinch together the edges of the circle that are touching so that the triangle holds its shape.
13. Place the biscuits on the baking tray.
14. Bake for about 20 minutes or until golden brown.
15. Cool on the cooling rack for 5 minutes.



Quick Cheese Pizza



⌚ Prep: 25 minutes

⌚ Cook: 10-15 minutes



Makes: 1 small

Recipe info

Ingredients

For the base

Oil for greasing
150g self-raising flour
25g butter or margarine
1 egg
50ml milk

For the toppings

2 tbsp tomato pizza sauce
1 tomato
½ onion
3 mushrooms
50g cheese
1 tsp mixed dried herbs

Equipment

Baking tray
Pastry brush
Weighing scales
Mixing bowl
Sieve
Fork
Small bowl
Measuring jug
Mixing spoon
Rolling pin
Palette knife
Sharp knife
Chopping board
Grater
Measuring spoons
Oven gloves



Description

A quick way to make a pizza without using yeast, as you would for a traditional Italian pizza.

Method / What to do

1. Preheat the oven to 200°C / gas mark 6.
2. Grease a baking tray.
3. Sift the flour into a bowl.
4. Rub the butter or margarine into the flour with your fingertips until it resembles breadcrumbs.
5. Whisk the egg with the milk then add to the mixture. Mix to form a soft dough ball.
6. Roll out the dough on a floured surface to form a circle (about 30cm diameter).
7. Transfer the dough onto the baking tray.
8. Spread the tomato pizza sauce over the base of the pizza with the palette knife.
9. Wash and slice the tomato.
10. Peel and slice half an onion.
11. Slice the mushrooms. Arrange the tomato, onion, and mushroom over the base.
12. Grate the cheese.
13. Sprinkle the grated cheese and herbs on top.
14. Place in the oven and bake for 10 – 15 minutes, until golden brown.
15. Remove from the oven, cut into slices and serve.

Teaching point

- ⊙ Divide the dough in half and make 2 mini pizzas.

Variation

- ⊙ Why not add some different toppings? Try slices of ham, green peppers, cooked sausages, rashers of cooked bacon, tuna or sweetcorn.

Quick Dough



L Prep: 15 minutes

Recipe info

Ingredients

250g strong flour (half white and half wholemeal makes a good mix)
½ tsp salt
7g packet fast action dried yeast
150ml lukewarm water
1 tbsp of oil

Equipment

Weighing scales
Measuring spoons
Mixing bowl
Palette knife
Measuring jug
Cling film

Description

A very easy and quick recipe to make dough. Use this dough to make bread, focaccia or pizza, as described in the recipes in this section.

Method / What to do

1. Pour the flour in the mixing bowl and mix in the salt.
2. Stir in the yeast.
3. Measure out the warm water and add the oil.
4. Add the liquid to the flour and mix into a soft dough using the palette knife.
5. The dough should be soft and pliable but not sticky. Add extra flour if it is too wet or more fluid if too dry.
6. Knead the dough on a lightly floured table for 10 minutes take care not to over knead the dough as it will become tough and hard.
7. Cover the dough with clingfilm and use as desired.

Teaching points

- ⊙ Knead the dough thoroughly to strengthen the gluten enough to hold the carbon dioxide bubbles. This will make it rise better.
- ⊙ The dough can be made in advance and left in an oiled bowl, covered with oiled clingfilm. Leave it at room temperature for 20 – 30 minutes, then shape, or leave in the fridge for 1 – 2 hours to slow down the rising.



Quick Bread Rolls



L Prep: 30 minutes

L Cook: 20 minutes



Makes: 8 rolls

Recipe info

Ingredients

Oil for greasing
250g strong flour (half white and half wholemeal makes a good mix)
½ tsp salt
7g packet fast action dried yeast
150ml lukewarm water
1 tbsp of oil
Milk for glazing

Equipment

Baking tray
Pastry brush
Weighing scales
Mixing bowl
Measuring jug
Measuring spoons
Palette knife
Cling film
Oven gloves
Cooling rack



Description

A very easy and quick recipe to make bread, particularly if it is made into rolls.

Method / What to do

1. Preheat oven to 200°C / gas mark 6.
2. Grease the baking tray.
3. Pour the flour in the mixing bowl and mix in the salt.
4. Stir in the yeast.
5. Measure out the warm water and add the oil.
6. Add the water to mix into a soft dough.
7. The bread should be soft and pliable but not sticky. Add extra flour if it is too wet, or more fluids if too dry.
8. Knead the dough on a lightly floured table for 10 minutes - take care not to over knead the dough as it will become tough and hard.
9. Cut the dough into 8 equal pieces. Shape each of them into a roll and place on the greased baking tray.
10. Cover them lightly with cling film and leave to prove for 15 minutes in a warm place or until they double in size.
11. Brush the top of each roll with milk.
12. Bake for 15 – 20 minutes until golden brown. To check if the bread is baked, tap it underneath and it will sound hollow when done.
13. If the bread rolls are very different in size it will cause the smaller rolls to cook earlier and become dry while the larger rolls are not baked.
14. Remove from the oven and leave to cool for 5 minutes on the cooling rack.

Teaching point

- ⊙ To bake a loaf, let the dough prove in the bread tin or shape it and place on an oiled baking tray. Prove as above and bake in a preheated oven for 25 – 35 minutes. Check if the bread is done by tapping the bread underneath.

Variations - Bread Rolls

- ⊙ Try different flavours. For a herb and onion loaf, add one small finely chopped onion and 1 tsp of mixed herbs to the dough when mixing. For a cheese bread, add 25g of grated cheese. For a sweet loaf, mix in ½ tsp of mixed spice or cinnamon and 150g mixed dried fruit such as vine fruits, mixed peel, chopped dates or apricots. The amount of liquid might have to be adjusted to take into account the additions, therefore add the fluids slowly.
- ⊙ Decorate your bread with sesame seeds, poppy seeds, grated cheese or diced onion. To make them stick to the top brush on a little milk before sprinkling on the seeds. This can be done after kneading or just before putting the dough into the oven.
- ⊙ Try different flours: The addition of 100g rye flour or a 50g oats makes a nice change without making the bread too heavy. 100% wholemeal bread tends to be heavier and more unpredictable.

Rock Buns



🕒 Prep: 15 minutes

🕒 Cook: 20 minutes

🍴 Makes: 10-12

Recipe info

Ingredients

Oil for greasing
100g margarine
200g self-raising flour
200g sultanas or raisins
75g soft brown sugar
1 egg

Equipment

Baking tray
Greaseproof paper
Pastry brush
Weighing scales
Mixing bowl
Palette knife
Oven gloves
Cooling rack

Description

Rock buns are a traditional British favourite that are economical and easy to make, especially with children.

Method / What to do

1. Preheat the oven to 200°C / gas mark 6.
2. Grease and line the baking tray with greaseproof paper.
3. Rub the margarine into flour using your finger tips until the mixture looks like breadcrumbs.
4. Mix in all the other ingredients to form a dough.
5. Shape the dough into balls (about 4cm diameter) and place on the tray.
6. Bake in the oven for 15 to 25 minutes.
7. Remove from the baking tray and allow to cool on the cooling rack until hard.



Savoury Scones



⌚ Prep: 15 minutes

⌚ Cook: 15 minutes

🍴 Serves: 6-8

Recipe info

Ingredients

Oil for greasing
Pinch of cayenne pepper
175g plain wholemeal flour
3 tsp baking powder
1 medium courgette
4 chopped spring onions
1 tsp rosemary
100g feta cheese
1 egg
2 tbsp milk
1 tsp mustard

Equipment

Baking tray
Pastry brush
Weighing scales
Sharp knife
Sieve
Measuring spoons
Large mixing bowl
Chopping board
Grater
Small bowl
Fork
Oven gloves
Cooling rack



Description

A very enjoyable savoury scone, which contains vegetables, feta cheese and herbs.

Method / What to do

1. Preheat the oven to 190°C / gas mark 5.
2. Lightly grease a baking tray.
3. Use the tip of a knife to get a pinch of cayenne pepper. Sieve the flour, baking powder and cayenne pepper into the large mixing bowl.
4. Grate the courgette and finely chop the spring onions and rosemary (if fresh). Chop the cheese into small cubes. Add all these to the bowl containing the flour but do not mix.
5. In a small bowl, lightly beat the egg, milk and mustard and pour into the flour mixture.
6. Mix and bring together into a dough with a fork.
7. Transfer the dough on to the baking tray and shape into a rough round, mark into sections (cutting almost all the way through).
8. Bake for about 15 minutes until golden brown.
9. Place on a cooling rack to cool.

Variations

- ⊙ This recipe may be varied by changing the type of cheese (such as cheddar, parmesan or goats' cheese) and herbs (such as thyme).
- ⊙ The mixture can be made into individual scones if preferred, in which case baking time should be reduced to 10 - 15 minutes.
- ⊙ Sprinkle with pumpkin, sesame or sunflowers seeds before baking.

Scones



⌚ Prep: 10 minutes

⌚ Cook: 15 minutes



Makes: 8-10

Recipe info

Ingredients

200g self-raising flour
50g butter or margarine
125ml milk

Equipment

Baking tray
Pastry brush
Weighing scales
Mixing bowl
Measuring jug
Palette knife
Rolling pin
7.5cm Biscuit cutters
Oven gloves
Cooling rack

Description

The scone is a bread-type snack of Scottish origin. A small quick bread made usually with baking powder as a raising agent. Scones in Britain often are lightly sweetened or served with jam but may also be savoury.

Method / What to do

1. Preheat oven to 220°C / gas mark 7.
2. Grease the baking tray.
3. Put the flour into a bowl.
4. Rub the butter or margarine into the flour with your fingertips until it resembles fine breadcrumbs.
5. Pour in most of the milk and mix into a soft dough using the palette knife.
6. Place the dough on a floured work surface and knead lightly. Don't overdo the kneading. Scone dough should be handled as little as possible.
7. Roll the dough until 1.5cm thick.
8. Shape into scones using a cutter.
9. Place scones on to baking tray, brush the top of each scone with the remainder of the milk and bake for 12 – 15 minutes, until golden brown.
10. After baking, place the scones on a cooling rack.

Teaching points

- ⊙ When rubbing the butter or margarine into the flour lift your hands to help get air into the mixture. To see if the butter or margarine has been mixed well, shake the bowl a little to encourage larger lumps to appear on the surface.
- ⊙ Traditionally, fluted scone cutters are used for sweet scones and plain cutters for savoury scones.





Variations

- ⊙ To make fruit scones, add 75g currants or sultanas and 1 tsp of cinnamon before the milk.
- ⊙ To make cheese scones, add 75 g grated cheese and 1 tsp of herbes de Provence or mixed herbs before the milk.
- ⊙ A fruit dowdy is fruit baked under a layer of scone dough: make the scone dough and put in the fridge to rest. Preheat the oven to 180°C / gas mark 4. Peel and core 2 apples and cut into eighths. Put the pieces of apple in an ovenproof bowl. Add raisins and cinnamon or cloves if desired. Roll or pat the dough until it is big enough to cover the bowl. Fit over the apples right up to the edge and brush with the leftover milk. Bake in the oven for approximately 30 minutes or until slightly brown on top.

Sweet Muffins



⌚ Prep: 10 minutes

⌚ Cook: 25-30 minutes

🍴 Makes: 6

Recipe info

Ingredients

150g self-raising flour
½ tsp baking powder
50g caster sugar
Handful of fresh fruit: blueberries, chopped strawberries, pitted cherries, etc.
2 tbsp butter or polyunsaturated margarine
1 egg
80ml milk

Equipment

6 holed muffin tin and muffin cases
Weighing scales
Measuring spoons
Sieve
Large mixing bowl
Mixing spoon
Small saucepan
Measuring jug
Small bowl
Fork
Oven gloves
Cooling rack



Description

A muffin resembles a cupcake but is usually less sweet and generally lacks icing. There are many varieties and flavour of muffins made with a specific ingredient baked into the muffin, such as fruit, chocolate chip, certain types of vegetables or spices.

Method / What to do

1. Preheat the oven to 180°C / gas mark 4.
2. Prepare muffin tins by either greasing or lining them with muffin cases.
3. Sift the flour and baking powder together into the large mixing bowl. Mix in the sugar.
4. Prepare the fruit and add to the dry ingredients.
5. Melt the butter or margarine over a gentle heat in a saucepan.
6. Measure the milk, add the egg and melted butter or margarine and beat together.
7. Add the wet ingredients to the large mixing bowl and stir just enough to blend it all in, there may be some lumps visible.
8. Spoon the batter into greased muffin tins or muffin cases, filling them about ¾ full.
9. Bake for about 25 – 30 minutes until golden brown.
10. Allow to cool before turning out of the muffin tin onto a cooling rack.

Variations

- ⊙ Vary the additions used, such as dried apricots, pecan nuts or cinnamon. When using dried ingredients, the amount of milk will need to be increased to 125ml.
- ⊙ Coffee and walnut: 75g chopped walnuts, 2 level tbsp instant coffee + 1 tbsp boiling water. When making coffee and walnut muffins, the amount of milk will need to be increased to 110ml.

Welsh Cakes



L Prep: 25 minutes

L Cook: 10 minutes



Makes: 4-6

Recipe info

Ingredients

225g self-raising flour
100g butter
75g caster sugar
50g sultanas
1 egg
1 tsp milk, if needed
Butter or oil for greasing
Caster sugar for dusting

Equipment

Weighing scales
Sieve
Large mixing bowl
Measuring spoons
Rolling pin
7½ – 10cm fluted biscuit cutter
Frying pan or iron griddle
Fish slice
Oven gloves
Plate

Description

A Welsh teatime treat that has been passed down through generations, perfect for making with children.






Method / What to do

1. Sieve the flour into the mixing bowl.
2. Rub the butter into the flour using your fingers until it looks like breadcrumbs.
3. Add the sugar, dried fruit and the egg. Mix well to form a dough, add a teaspoon of milk if the mixture is too dry.
4. Roll out the dough until it is ½cm thick and cut into rounds using the biscuit cutter.
5. Rub the frying pan or iron griddle with butter or oil and wipe the excess away.
6. Place the Welsh cakes on the griddle, cook for 2 – 3 minutes on each side. Each side needs to be caramel brown before turning.
7. Remove them from the pan and dust with a little caster sugar while still warm.



Desserts



Recipe	Preparation time	Cooking time	Level
Apple and Blackcurrant Crumble	10 minutes	12 minutes  Microwave method	  
Apple Sponge Pudding	15 minutes	35 minutes	 
Bread and Butter Pudding	30 minutes	30-40 minutes	 
Caribbean Fruit Salad	20 minutes	0 minutes	 
Creamy Rice Pudding	5 minutes	40-45 minutes  Microwave method	 
Custard	5 minutes	4 minutes  Microwave method	 
Dutch Apple Crumble	20 minutes	20 minutes Microwave option	 
Egg Custard Sauce	10 minutes	10 minutes Microwave option	  
Fresh Fruit Salad	20 minutes	0 minutes	
Fresh Pineapple Upside- Down Cake	20 -25 minutes	45-50 minutes	  
Fruit Kebabs	15 minutes	0 minutes	
Melon Ice Lollies	20 minutes	5 minutes	 
No Cook Orange Cheesecake	20-25 minutes	(2-4 hours chilling)	 
Pancakes	15 minutes	20 minutes	 
Semolina Pudding	10 minutes	15-20 minutes  Microwave method	 
Sponge Pudding	10 minutes	7 minutes  Microwave method	 
Strawberry Yoghurt Ice-cream	15 minutes	(3-4 hours freezing)	 
Stuffed Baked Apples	15 minutes	30-40 minutes Microwave option	 
Turkish Poached Apricots	5 minutes	20 minutes Microwave option	 

Apple and Blackcurrant Crumble

☑ Microwave method



🕒 Prep: 10 minutes

🕒 Cook: 12 minutes

🍴 Serves: 3-4

Recipe info

Ingredients

225g eating apples
75g of butter
75g plain wholemeal flour
25g rolled oats
25g sunflower seeds (optional)
1 tbs desiccated coconut
25g soft light brown sugar
5ml ground cinnamon (optional)
2.5ml ground mixed spice (optional)
225g blackcurrants

Equipment

Weighing scales
Chopping board
Sharp knife
Measuring spoons
Large mixing bowl
Mixing spoon
1 litre deep overproof dish
Microwave
Oven gloves



Description

Simple yet delicious dessert, great for the Autumn months.

Method / What to do

1. Wash, core and slice the apples.
2. Put the butter and flour into a bowl and rub together until the mixture resembles fine breadcrumbs.
3. Stir in the dry ingredients and mix together thoroughly.
4. Put the apples and blackcurrants into the ovenproof dish.
5. Spoon the crumble mixture evenly over the fruit and press down lightly.
6. Cook on HIGH for 11 – 12 minutes or until the fruit is tender.
7. Serve hot or cold with yoghurt or custard.

Teaching points

- 🕒 When stewing fruits, add 45 – 60ml of water to 450g of fruit. Fruit with a high water content, such as rhubarb, or soft fruits, such as blackberries and raspberries, do not generally require any additional water.

Variation

- 🕒 Different fruits can be used depending on the season.

Apple Sponge Pudding



🕒 Prep: 15 minutes

🕒 Cook: 35 minutes

🍴 Serves: 4-6

Recipe info

Ingredients

Oil for greasing
5 – 6 eating apples
2 tbsp golden syrup
150g butter
100g caster sugar
3 medium eggs, beaten
150g self raising flour
1 tsp vanilla essence

Equipment

Pastry brush
Ovenproof dish
Sharp knife
Chopping board
Corer
Measuring spoons
Weighing scales
Large mixing Bowl
Mixing spoon
Tablespoon
Oven gloves
Cooling rack

Description

This hot dessert is traditionally cooked in late summer when apples are in abundance. It also works well with plums.

Method / What to do

1. Pre-heat the oven to 180°C / gas mark 4.
2. Grease the ovenproof dish.
3. Peel, core and slice the apples.
4. Place the apples in the oven proof dish, and drizzle over the golden syrup.
5. Cream together the butter and sugar in a bowl, until pale and creamy.
6. Gradually beat in the eggs, beating well between each addition.
7. Fold in the flour and vanilla essence using the tablespoon.
8. Spoon the mixture over the apples and bake in the oven for about 35 minutes, until golden and firm to the touch.
9. Serve with low fat yoghurt.

Variations

- 🕒 Replace the apples with 10 plums or similar amounts of other fruit.
- 🕒 Top the sponge batter with a sprinkle of chopped almonds before placing it in the oven. (Be careful of nut allergies.)



Bread and Butter Pudding



⌚ Prep: 30 minutes

⌚ Cook: 30-40 minutes



Serves: 6-8

Recipe info

Ingredients

Oil for greasing
8 slices white or brown bread
25g spreading butter or margarine
50g sultanas
4 large eggs
600ml milk
½ tsp vanilla extract
75g caster sugar
250ml double cream
½ tsp ground nutmeg

Equipment

Pastry brush
Ovenproof dish
Table knife
Chopping board
Sharp knife
Plate
Weighing scales
Teaspoon
Small mixing bowl
Whisk
Oven gloves
Cooling rack



Description

This is an all-time classic English dessert that is very filling.

Method / What to do

1. Preheat the oven to 200°C / gas mark 6.
2. Grease the ovenproof dish.
3. Butter the slices of bread on one side.
4. Cut the crusts off the bread using the sharp knife.
5. Cut the slices into quarter triangles.
6. Lay the bread triangles in the ovenproof dish, sprinkling the sultanas between each layer. Put a few on top, slightly tucked under the bread to stop them from burning.
7. Crack the eggs into a bowl and add the milk, vanilla, sugar and cream, then whisk together.
8. Pour the egg mixture over the bread, push down and leave to soak for 10 minutes.
9. Sprinkle nutmeg over the top.
10. Bake in the oven for 30 – 40 minutes until golden brown in colour.

Variations

- ⦿ Use the bread thickness you prefer. If you like it doughy use thick, if you like it crisp use thin. Different bread thickness will give a different result.
- ⦿ Try different types of breads such as panettone, croissants, brioche or hot cross buns.

Caribbean Fruit Salad



⌚ Prep: 20 minutes

⌚ Cook: 0 minutes



Serves: 6-8

Recipe info

Ingredients

1 orange
1 lime
1 level tbsp soft brown sugar
(optional)
1 tbsp chopped crystallized ginger
1 mango
½ cantaloupe melon
½ fresh pineapple
2 bananas
1 lemon
3 tbsp fresh desiccated coconut

Equipment

Chopping board
Sharp knife
Lemon squeezer
Large mixing bowl
Mixing spoon
Measuring spoons



Description

A delicious mixture of tropical fruit with an exotic tang!

Method / What to do


1. Cut in half and squeeze the orange and lime.
2. In the bowl stir together the sugar, orange and lime juice, and chopped ginger.
3. Prepare the fruit (make sure the fruit pieces are not too small):
 - Peel, stone, and dice the flesh of the mango.
 - Remove the seeds, peel and dice the melon.
 - Cut top and bottom off the pineapple, cut into quarters, cut out hard centre, remove flesh, cut into small pieces.
 - Squeeze the lemon juice to pour over the banana slices.
 - Peel and slice the bananas, cover with lemon juice
4. Gently stir the fruit into the juice in the large bowl.
5. Sprinkle the desiccated coconut over the fruit.
6. Serve immediately.

Teaching points

- ⦿ Take care preparing the fruit, as juicy fruit is hard to hold and slice.
- ⦿ Tossing the banana in lemon juice prevents it from turning brown.

Creamy Rice Pudding



 Microwave method

L Prep: 5 minutes

L Cook: 40-45 minutes

 Serves: 1

Recipe info

Ingredients

Oil for greasing
225ml full cream evaporated milk
50g short-grain rice
25g caster sugar
350ml water

Equipment

Medium mixing bowl (microwave safe)
Pastry brush
Weighing scales
Measuring jug
Mixing spoon
Fork
Oven gloves

Description

Rice pudding is a traditional dessert which takes a long time to cook. Using a microwave makes it manageable to cook within a lesson.

Method / What to do

1. Grease the bowl.
2. Place all the ingredients with the water in the bowl.
3. Cover and cook on HIGH for 5 – 6 minutes or until the liquid boils.
4. Reduce the setting to LOW and cook for 35 – 40 minutes or until the rice starts to thicken. Stir it with a fork every 15 minutes and at the end of cooking to break up any lumps.
5. Leave the rice to stand for 5 minutes before serving.


Variation


- ⦿ Add 50g raisins at the beginning.




Custard



 Microwave method

 **Prep: 5 minutes**

 **Cook: 4 minutes**

 **Serves: 4**

Recipe info

Ingredients

2 tbsp custard powder
1 tbsp sugar
600ml semi-skimmed milk

Equipment

Measuring spoons
Medium mixing bowl (microwave safe)
Mixing spoon
Measuring jug
Oven gloves

Description

For making instant custard on the hob, follow the instructions on the pack. The recipe below describes the method for making custard in a microwave.

Method / What to do

1. Blend the custard powder and sugar with a little of the milk in a medium bowl. Stir in the remaining milk.
2. Cook on HIGH for 3 – 4 minutes or until the sauce has thickened, stirring every minute. Stir well and serve hot or cold with puddings or pies.



Dutch Apple Crumble



L Prep: 20 minutes

L Cook: 20 minutes



Serves: 4-6

Recipe info

Ingredients

Topping:

50g wholemeal or white plain flour
25g low fat polyunsaturated
margarine
25g of rolled oats
50g sugar

Filling:

500g of apples
½ tsp cinnamon
1 handful raisins or sultanas

Equipment

Peeler
Chopping board
Sharp knife
Measuring spoons
Saucepan with lid or bowl (for
microwave option)
Microwave – (optional)
Weighing scales
Mixing bowl
Mixing spoon
Pie dish (0.75 – 1 litre)
Oven gloves
Cooling rack



Description

This apple crumble contains raisins and cinnamon, which makes it traditionally Dutch.

Method / What to do

1. Preheat the oven to 190°C / gas mark 5.
2. To make the filling peel the apples, remove cores and chop roughly.
3. Add a teaspoon of water, half the sugar and the apples to saucepan and bring to a simmer. Cover with the lid and cook on a very low heat for 4 minutes. Alternatively, microwave on HIGH for 4 minutes.
4. Meanwhile make the topping, pour the flour and the margarine in a bowl and rub in the margarine until it resembles breadcrumbs.
5. Stir the oats and the remaining sugar into the flour mixture.
6. Add cinnamon to the apples and pour the fruit mixture in the pie dish, leaving behind the liquid.
7. Top the apples with the crumble mixture, making sure the apples are well covered.
8. Bake for 15 – 20 minutes until brown, checking occasionally.
9. Serve with low fat yoghurt.

Variations

- ⦿ If you don't want to pre-cook the fruit, then slice hard fruit and bake the pie for 40 minutes in the oven or 11 – 12 minutes in the microwave on HIGH, checking the top regularly.
- ⦿ You can mix hard and soft fruit e.g. apple and blackberry. Add the soft fruit at stage 6.
- ⦿ You could use only soft fruit for this, for example peach, apricot or gooseberry, in which case wash and prepare the fruit and miss out stages 2 and 3.

Egg Custard Sauce



L Prep: 10 minutes

L Cook: 10 minutes

 Makes: 300ml

Recipe info

Ingredients

300ml milk
2 eggs
1 tsp cornflour (conventional method only)
4 drops of vanilla essence
1 tbsp sugar

Equipment

Measuring jug
Saucepan
Measuring spoons
Small mixing bowl
Whisk
Large bowl

Description

Egg custard is a very traditional English sauce to accompany desserts. Below are the instructions for preparing egg custard on the cooker, (the conventional method). See variation for microwave instructions.

Method / What to do

Conventional method

1. Place the milk in a saucepan and heat gently.
2. While the milk is heating, whisk the eggs, cornflour, vanilla essence and sugar together in a small bowl.
3. Whisking the egg mixture all the time with one hand, gradually pour the hot milk into the bowl. As soon as all the ingredients are mixed together pour into the saucepan.
4. Place the saucepan back on a gentle heat and whisk continually until the custard thickens, becomes smooth and creamy. This will happen as soon as it reaches simmering point.
5. If the custard is overheated and becomes grainy, transfer it to a jug or bowl and whisk until it becomes smooth again.

Teaching point

- ⦿ A small amount of cornflour will reduce the risk of custard curdling. Cornflour acts as a stabiliser.

Variation

- ⦿ **Microwave Preparation time:** 5 minutes

Cooking time: 7 minutes

1. Pour the milk into a large measuring jug and cook on HIGH for 2 minutes or until hot.
2. Lightly whisk the eggs, sugar and vanilla essence together in a bowl. Add the heated milk and mix well.
3. Cook uncovered on MEDIUM for about 4 minutes, whisking twice during cooking, until custard thickens.
4. When cooked cover the surface of the custard with clingfilm to stop it forming a skin on top.



Fresh Fruit Salad



🕒 **Prep: 20 minutes**

🕒 **Cook: 0 minutes**

🍴 **Serves: 4**

Recipe info

Ingredients

125ml fresh fruit juice

Choose a selection of fresh ripe fruits, for example:

- 1 Banana
- 1 Eating apple
- 1 Pear
- 1 Orange
- 1 Kiwi fruit
- 6 Grapes
- 4 Strawberries

Equipment

Measuring jug

Mixing bowl

Chopping board

Sharp knife

Mixing spoon

Serving bowl

Description

Fresh fruit salad is made with a selection of ripe fresh fruit in fresh fruit juice.

Method / What to do

1. Place some of the fresh fruit juice in a mixing bowl.
2. Peel and slice the banana evenly. Put in bowl with juice. Ensure it is coated with juice.
3. Cut apple into quarters, remove core and chop evenly. Add to the bowl and coat with juice. If using pear, do the same.
4. Peel the orange and slice into neat slices or pieces, add to the bowl.
5. Peel and slice kiwi fruit, add to the bowl.
6. Cut open grapes and remove pips. Add to the bowl.
7. Transfer the fruit and juice to a serving bowl.
8. Wash the strawberries and use whole or sliced to decorate top.
9. Add more fresh fruit juice if needed.
10. Refrigerate until served.

Teaching points

- ⦿ Lemon juice helps prevent apples, pears and bananas going brown.
- ⦿ Use satsumas or clementines instead of oranges; they are easier to peel for younger pupils.

Variation

- ⦿ Use fruits in season – they are cheaper and usually fresher.





Fresh Pineapple Upside-Down Cake

🕒 Prep: 20-25 minutes

🕒 Cook: 45-50 minutes



Serves: 6 - 8

Recipe info

Ingredients

Oil for greasing
1 medium fresh pineapple
5 fresh cherries
150g butter
50g brown sugar
125g caster sugar
2 eggs
175 g self-raising flour
1 tsp vanilla essence
3 tbsps semi-skimmed milk

Equipment

18cm square cake tin
Pastry brush
Peeler
Sharp knife
Chopping board
Weighing scales
Large mixing bowl
Mixing spoon
Sieve
Measuring spoons
Skewer
Oven gloves
Palette knife
Large serving dish



Description

This is a light and moist cake that is only made more irresistible by the fresh pineapple and cherries.

Method / What to do

1. Preheat the oven to 180°C / gas mark 4.
2. Grease the cake tin.
3. Peel and core the pineapple and cut in to 9 slices.
4. Wash the cherries and remove the stones and cut in half.
5. Cut 25g of butter into small pieces and dot them over the base of the cake tin. Sprinkle the brown sugar over the top.
6. Arrange the pineapple slices on top of the sugar and put a piece of cherry in the centre of each slice (cut side facing up).
7. Place the remaining butter in the mixing bowl and beat until it is creamy then add the caster sugar and beat well until it is light and fluffy.
8. Beat in the eggs, one at a time, until they are thoroughly blended.
9. Sieve and fold in the flour in to the bowl.
10. Add the vanilla essence, then stir in enough of the milk to give the mixture a dropping consistency.
11. Spoon the mixture into the cake tin and put in the oven.
12. Bake for 45 - 50 minutes, or until a skewer inserted into the centre of the cake comes out clean.
13. Remove the cake from the oven and set aside for 5 minutes in the tin.
14. Run the palette knife around the sides of the cake and turn upside-down on to a serving dish.
15. Serve with custard or crème fraiche.

Variation

- 🕒 You could use 4 - 5 ripe peaches which have been washed, pitted and halved instead of the pineapple.

Fruit Kebabs



⌚ Prep: 15 minutes

⌚ Cook: 0 minutes

🍴 Makes: 6

Recipe info

Ingredients

A range of fruit, for example:

- 4 Strawberries
- 1 Kiwi fruit
- 1 Banana
- 6 Grapes (seedless)
- 1 Nectarines
- 2tbsp natural yoghurt (optional)

Equipment

6 wooden skewers
Small bowls
Sharp knife
Chopping board
Plate

Description

This is a simple way to get small children to experiment with different fruits in a fun way.

Method / What to do

1. Set out small quantities of a selection of different prepared fruits in small bowls. Try to make sure there is a variety of colours, as they will then contain a wide range of nutrients.
2. Let the children choose fruit pieces and thread them onto the kebab sticks.
3. Place the fruit kebabs on a plate and serve with yoghurt as a dip.

Teaching points

- ⦿ Before the children handle the kebab sticks, chop off the ends to avoid danger. For very young children, prepare all the fruit in advance and cut it up into manageable pieces. Older children may be able to cut up soft fruit, such as bananas, with a table knife.
- ⦿ Encourage children to taste, smell and handle the different fruits as much as possible to get them interested in tasting them.
- ⦿ Ask children to follow a particular pattern or a combination of colours.



Melon Ice Lollies



🕒 **Prep: 20 minutes**

🕒 **Cook: 5 minutes**



Serves: 6-8

Recipe info

Ingredients

For the marinade:

2 tbsp orange juice

1 tsp honey

1 sprig of fresh mint

1 cantaloupe melon

1 honeydew melon

Equipment

Measuring spoons

Small Saucepan

Large bowl

Sharp knife

Chopping board

Melon baller

Scissors

Bamboo sticks

Plastic beaker

Tray to go in the freezer

Description

A fun way of introducing fruit into children's diets. With key stage one children you may want to make the marinade before the lesson.

Method / What to do

1. Gently heat the orange juice with the honey and mint sprig in the saucepan. Allow to bubble gently for 3 minutes.
2. Allow the mixture to cool in the bowl.
3. Cut the melons in half and scoop out balls of melon flesh. Put them in the bowl to marinate.
4. Snip the ends of the bamboo kebab sticks and thread them with the marinated melon balls in alternate colours.
5. Place in a plastic beaker on a tray and leave them in the freezer until they start to freeze but are still soft (not until they are rock hard).

Teaching points

- 🕒 This activity can be used to teach about patterns.
- 🕒 As the sticks are thin, children will have to sit down to eat the ice lollies.



No Cook Orange Cheesecake



⌚ Prep: 20-25 minutes

⌚ Chilling: 2-4 hours

🍴 Serves: 8-10

Recipe info

Ingredients

Biscuit base:

15 digestive biscuits
6 tbsp butter
2 tbsp golden syrup

Filling:

1 can mandarin oranges in natural juice
250g pot mascarpone cheese
150g pot half-fat crème fraiche
75g caster sugar
1 small orange
1 lime
150ml double cream

Equipment

Large mixing bowl
Rolling pin
Measuring spoons
Small saucepan
Mixing spoon
18cm round springform cake tin
Can opener
Sieve
Weighing scales
2 small mixing bowls
Grater
Sharp knife
Lemon squeezer
Rotary whisk or electric hand mixer
Tablespoon
Chopping board
Palette knife
Serving plate



Description

A fruity, creamy dessert that is very easy and quick to make.

Method / What to do

1. Place the biscuits in the large mixing bowl and crush them with the end of a rolling pin until they look like fine breadcrumbs.
2. Heat the butter and syrup in the saucepan until the butter has melted.
3. Pour the melted butter mixture over the biscuits and stir well.
4. Put the biscuit mixture into the base of the cake tin and press flat with the end of the rolling pin.
5. Open the can of mandarin oranges and drain off the juice using a sieve.
6. Arrange most of the mandarins over the biscuit base but keep some back for decoration.
7. Put the mascarpone cheese, crème fraiche and sugar in the small bowl and stir well until blended and creamy.
8. Grate the rind of the orange and lime using the fine part of the grater.
9. Squeeze the orange and lime and stir the juice and grated rind into the creamy cheese mixture.
10. Whisk up the double cream in a small bowl, using a rotary whisk or electric hand mixer, until it thickens and forms soft peaks.
11. Gently fold the cream into the cheese mixture using a tablespoon.
12. Pour the mixture over the biscuit base and make swirly shapes over the top with the back of the spoon.
13. Decorate the top the cheesecake with the rest of the mandarin oranges, then leave to chill in the fridge for 2 – 4 hours.
14. To serve the cheesecake, run a palette knife around the edge of the tin. Unclip the tin and transfer the cheesecake to a serving plate.

Pancakes



L Prep: 15 minutes

L Cook: 20 minutes

 Makes: 6-8

Recipe info

Ingredients

200g can pears in fruit juice

1 tbsp of sultanas or raisins

½ tsp mixed spice

Pancake batter:

100g plain flour

Pinch of salt

2 eggs

150ml water

150ml skimmed milk

Spray oil or low fat margarine
for frying

Equipment

Small saucepan with lid

Measuring spoons

Mixing spoon

Weighing scales

Mixing bowl

Fork or whisk

Measuring jug

Non-stick frying pan

Ladle

Pastry brush



Description

A very easy and fun way to make your own pancakes from scratch - particularly on Shrove Tuesday.

Method / What to do

1. Gently heat the canned fruit and sultanas or raisins in a saucepan with enough juice to cover the base of the pan. Add the mixed spice and cook, with the lid on, gently for 10 minutes.
2. To make the pancake batter mix the flour and salt together in a large mixing bowl.
3. Make a well in the flour and add the eggs.
4. Whisk the mixture making sure all the flour is removed from the edge of the bowl.
5. Mix the water and milk together and gradually add to the flour mixture. Stir all the time. Ensure that there are no lumps or bits left on the edge of the bowl. Your mixture should be lump-free and be the same consistency as thin cream.
6. Add a few sprays/drops of oil to the frying pan and put on a high heat until really hot then turn down the heat to medium.
7. Ladle or spoon (about half a ladle or 3 tbsp for an 18cm pan) the mixture into the pan. As soon as the batter hits the pan, tip it from side to side to make an even and fairly thin covering on the base.
8. After about 60 seconds lift one edge to check it is cooked. Once cooked flip over and cook the other side.
9. Repeat the process using a few sprays / few drops of oil on a pastry brush in-between each pancake. This will make about 6 pancakes.
10. Serve the pancakes with the fruit.


Teaching points


- ☉ Vary the fruit used for filling, for example canned apricots in juice with a few drops of vanilla essence.
- ☉ Serve with any fruit, low fat yoghurt or a thin spreading of low fat margarine.
- ☉ Stack the pancakes alternating with grease-proofed paper layers, on a plate over a saucepan of simmering water. This will keep the pancakes warm as you make up the whole batch.

Semolina Pudding



 Microwave method

 Prep: 10 minutes

 Cook: 15-20 minutes

 Serves: 4-6

Recipe info

Ingredients

600ml of semi-skimmed milk
4 tbsp of semolina or ground rice
2 tbsp caster sugar

Equipment

Measuring jug
Measuring spoons
Large mixing bowl (microwave safe)
Mixing spoon
Microwave
Oven gloves

Description

Semolina is popular in North Western Europe and North America as a dessert. It is often flavoured with vanilla and served with jam or fruit compote.

Method / What to do


1. Put the milk, semolina (or rice) and sugar into a large bowl. Cook on HIGH for 5 – 6 minutes or until the milk starts to the boil. Reduce to LOW and cook for 10 – 15 minutes or until thickened, stirring frequently.
2. Leave to stand, covered, for 5 minutes. Stir before serving.

Variations


- ⦿ Add a few drops of vanilla essence to the milk before cooking.
- ⦿ Serve with jam or stewed fruit.




Sponge Pudding

 Microwave method



 Prep: 10 minutes

 Cook: 7 minutes

 Serves: 4

Recipe info

Ingredients

Oil for greasing
1 egg
50g softened butter
50g caster sugar
Few drops of vanilla essence
100g self-raising flour
4 tbsp milk

Equipment

600ml pudding basin (microwave safe)
Pastry brush
Small mixing bowl
Fork
Weighing scales
Mixing bowl
Tablespoon
Mixing spoon
Skewer
Microwave
Oven gloves
Serving dish



Description

A recipe to make sponge pudding in a microwave. A number of different variations are given as well.

Method / What to do

1. Grease the pudding basin.
2. Beat the egg in a small bowl with a fork.
3. Beat the butter, sugar, egg, vanilla flavouring and flour until smooth in the mixing bowl.
4. Gradually stir in enough milk to give a soft dropping consistency.
5. Spoon into the pudding basin and level the surface.
6. Put in the microwave and cook on HIGH for 5 – 7 minutes or until the top of the sponge is only slightly moist and a skewer inserted into the centre comes out clean.
7. Serve with custard.

Variations

- ⊙ Serve with custard.
- ⊙ Modifying your recipe slightly, you can create a range of delicious puddings;
 - Essex pudding: spread jam over the sides and base of the greased pudding basin.
 - Apricot sponge: drain a 411g can of apricot halves and arrange them in the base of the greased pudding basin.
 - Syrup sponge: put 30ml of golden syrup into the bottom of the basin before adding the mixture. Flavour the mixture with the grated rind of the lemon.
 - Chocolate sponge: blend 4 tbsp of cocoa powder to a smooth cream with 1 tbsp hot water and add to beaten ingredients.
 - Jamaica pudding: add 50 – 100g of chopped stem ginger with the milk.
 - Lemon or orange sponge: add the rind of 1 orange or lemon when beating the ingredients.

Strawberry Yoghurt Ice-Cream



🕒 **Prep: 15 minutes**

🕒 **Freezing: 3-5 hours**

🍴 **Serves: 5**

Recipe info

Ingredients

200g ripe strawberries
50g sugar
300ml pot natural yoghurt

Equipment

Sharp knife
Chopping board
Blender or food processor
Sieve
Large mixing bowl
Mixing spoon
Ice-cream maker
Tupperware container with tight fitting lid

Description

This dessert has all the flavour of traditional ice-cream but is lower in fat. Natural yoghurt is very healthy and the fruit is full of vitamins.

Method / What to do

1. Select 75g of the best looking strawberries and put them aside. Wash the remaining strawberries, remove the stalks and cut in half.
2. Place the halved strawberries and sugar in a blender or food processor and process to a puree. Pass through a sieve, if desired, to remove seeds.
3. Place the puree in a large mixing bowl together with the yoghurt and mix well.
4. Transfer to an ice-cream maker and churn for 20 – 30 minutes or according to the manufacturer's instructions. Put the ice-cream in a tub and place in the freezer.
5. Alternatively, place the mixture in a Tupperware container and freeze until just beginning to set around the edges. Remove from the freezer beat well using a spoon. Repeat this until the mixture is becoming frozen throughout. Leave the mixture in the freezer for 3 – 5 hours until firm.
6. To serve, remove the ice-cream from the freezer 10 minutes before serving and wash the remaining strawberries and cut off the stems.
7. Serve the ice-cream in a bowl topped with fresh strawberries.

Teaching points

- ⦿ This recipe can easily be made with key stage one children if the class teacher helps with the electrical equipment and with using knives.
- ⦿ The mixture will expand when placed in the freezer so ensure the tub is big enough.
- ⦿ If using an ice-cream maker, check the amount it will make as some have a maximum capacity of 600ml.

Variations

- ⦿ Substitute the strawberries for any soft fruits, such as raspberries, blackberries or blueberries, or use a mixture of these fruits.



Stuffed Baked Apples



🕒 Prep: 15 minutes

🕒 Cook: 30-40 minutes



Serves: 4

Recipe info

Ingredients

4 medium cooking apples
1 tsp ground cinnamon
2 tbsp clear honey
50g raisins

Equipment

Sharp knife
Chopping board
Tablespoon
Small mixing bowl
Shallow overproof dish
Oven gloves
Aluminium foil

Description

This is an easy to prepare yet satisfying dessert made by conventional method or microwave.

Method / What to do

Conventional

1. Heat the oven to 200°C / gas mark 6.
2. Wash and core the apples, then make a shallow cut through the skin around the middle of each apple.
3. Mix the cinnamon, honey and raisins together.
4. Stand the apples in a shallow dish. Spoon the honey and raisin mix into the centre of each apple.
5. Bake for 30 – 40 minutes until golden and soft throughout. Cover with foil if the filling starts to get too brown before it is ready.

Teaching points

- 🕒 The English Bramley cooking apples are good for this recipe, otherwise use an eating apple variety such as Granny Smith.
- 🕒 Cooking time depends on the size of the apple.
- 🕒 If there is some filling left over, place it in a separate small baking dish covered with foil. Bake in the oven with the apples. Serve the apples with the extra stuffing.

Variations

🕒 Microwave

1. Follow steps 2 – 4 as for conventional method.
2. Cook on HIGH for 5 – 7 minutes or until the apples are tender. Turn the dish once during cooking. Leave to stand for 5 minutes before serving.



Turkish Poached Apricots



🕒 Prep: 5 minutes

🕒 Cook: 20 minutes

🍴 Serves: 4

Recipe info

Ingredients

150g dried apricots
300ml fresh orange juice
100ml water
1 cinnamon stick
2 cardamom pods
Natural yoghurt, to serve

Equipment

Weighing scales
Saucepan with lid or medium bowl
(microwave safe)
Measuring jug
Mixing spoon

Description

A fruity and aromatic treat.

Method / What to do

Conventional method

1. Put the dried apricots into the saucepan.
2. Pour over the orange juice and 100ml of water; then add cinnamon stick and cardamom pods. Mix together well.
3. Bring to the boil and cover. Reduce the heat to low, and simmer partially covered for 20 minutes or until tender.
4. Serve warm or chilled with yoghurt.

Microwave method

1. Put the dried fruit into a medium bowl.
2. Pour over the orange juice and 100ml of water; then add cinnamon stick and cardamom pods. Mix together well.
3. Cover and cook on HIGH for 8 – 10 minutes, or until the fruits are almost tender, stirring occasionally.
4. Leave to stand, covered, for 5 minutes, then serve warm or chilled with yoghurt.

Variations

- ☉ Try different types of dried fruit or a mixture
- ☉ Other aromatic flavourings can be used, such as a strip of lemon rind or rose water, or the orange juice can be replaced with apple juice.



Appendices

FSA (Food Standards Agency) food core competences

Consensus view on food competences for children and young people

- The competences represent core skills and knowledge around food and provide an essential benchmark.
- The competences are progressive and cumulative from one age phase to the next.
- They could be met at home, school or through other activities.
- They show essential knowledge and capability – they are neither a curriculum nor an examination specification.
- The competences reflect UK-wide practice.
- Their aim is to help children and young people to develop the skills and knowledge to make and implement healthy food choices.

	By the age of 7-9, children should:	By the age of 11-12, children should:	By the age of 14, pupils should:	By the age of 16+, students should:
Diet and Health	<p>... be aware that we all need a balanced and varied diet to grow, be active and maintain health, and that we need to eat more of some foods than others, e.g. we all need to eat at least 5 portions of fruit and vegetables every day.</p> <p>... recognise that food and water are basic requirements of life.</p> <p>... know that family and friends may eat or avoid certain foods.</p> <p>... be aware that being active and looking after yourself are important for health, e.g. brushing teeth twice a day.</p>	<p>... make food choices based on the understanding that a healthy diet is made up from a variety and balance of different food and drinks.</p> <p>... be aware of the importance of a healthy and balanced diet, good oral health and being physically active for health and wellbeing.</p> <p>... know that a variety of food is needed in the diet because different foods provide different substances for our health, namely nutrients, water and fibre.</p> <p>... be aware that food needs change and that some people eat or avoid certain foods, e.g. allergy or religious belief.</p>	<p>... use current healthy eating advice to choose a varied balanced diet for their needs, as well as being physically active.</p> <p>... know that food provides energy and nutrients in different amounts; that they have important functions in the body; and that people require different amounts during their life, e.g. pregnancy, infant feeding.</p> <p>... understand the importance of energy balance and the implications of dietary excess or deficiency, e.g. malnutrition, maintenance of a healthy weight.</p>	<p>... be able to apply current healthy eating recommendations, and understanding of peoples' needs, to their own diet and others', e.g. before and during pregnancy.</p> <p>... be able to maintain a healthy weight throughout life, understanding the relationship between diet and physical activity, as well as taking into account other factors, e.g. advertising, food availability.</p>

<p>Consumer Awareness</p>	<p>By the age of 7-9, children should:</p> <ul style="list-style-type: none"> ... recognise that all food comes from plants or animals. ... recognise that food can be grown at home or purchased from local farms and markets, shops and supermarkets. ... be able to talk about which foods they like or dislike through tasting sessions. ... know that people choose different types of food, based on who they are with, preference, season, time and occasion (including celebrations). ... be aware that some foods have labels which provide information to help make a choice. 	<p>By the age of 11-12, children should:</p> <ul style="list-style-type: none"> ... research where and how food is produced and sold, e.g. growing food at school/home, visiting a farm. ... consider cost when helping to shop for food and cook. ... be aware that advertising can influence what they choose to eat. ... know that people choose different types of food and that this may be influenced by availability, season, need, cost, minimal packaging, where the food is produced, culture, religion and peer-pressure. ... read and make use of the main information on food labels to help them make a choice. 	<p>By the age of 14, pupils should:</p> <ul style="list-style-type: none"> ... know that food is produced, processed and sold in different ways, e.g. conventional and organic farming, fair trade. ... compare the cost of food when planning to eat out or cook at home. ... understand the influence of food marketing, advertising and promotion on their own diet and purchasing behaviour. ... understand that people eat or avoid certain foods according to religion, culture, ethical belief, health need or personal choices. ... be aware that food choice depends on many personal and lifestyle factors, e.g. role models, body image. ... use nutrition information and allergy advice panels on food labels to help make informed food choices. 	<p>By the age of 16+, students should:</p> <ul style="list-style-type: none"> ... consider a wider range of factors when making food choices, e.g. seasonality, local food, sustainability. ... apply costing skills to make good food selections for health when eating out or cooking at home. ... make informed choices about food in order to achieve a healthy, varied and balanced diet.
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<p>Cooking (Food Preparation and Handling Skills)</p>	<p>By the age of 7-9, children should:</p> <ul style="list-style-type: none"> ... recognise and taste a range of familiar ingredients, e.g. fruit, vegetables, cereals, dairy, meat, eggs. ... name and use a range of basic tools safely, e.g. small knife, chopping board, measuring spoon. ... use a range of food preparation skills with supervision, e.g. peeling, slicing, mixing, scooping, grating, spreading. ... with help prepare a range of healthy recipes safely and hygienically. ... recycle food packaging and be careful not to waste food when preparing and cooking. 	<p>By the age of 11-12, children should:</p> <ul style="list-style-type: none"> ... name, taste and prepare a broader range of ingredients and healthy recipes, accounting for ethnic diversity. ... select and use appropriate tools and equipment safely when preparing and cooking food. ... demonstrate an increasing range of food preparation skills, e.g. accurate weighing and measuring, kneading. ... know how to store, prepare and cook food safely and hygienically. ... actively minimise food waste, compost fruit and vegetable peelings and recycle food packaging. 	<p>By the age of 14, pupils should:</p> <ul style="list-style-type: none"> ... use a broader range of preparation techniques and methods when cooking, e.g. stir-frying, steaming, blending. ... use equipment safely, being aware of others' safety. ... with guidance modify recipes and cook dishes that promote current healthy eating messages. ... understand and use good food safety practices. 	<p>By the age of 16+, students should:</p> <ul style="list-style-type: none"> ... apply skills and understanding competently to plan, prepare and safely cook dishes for a healthy, varied and balanced diet. ... be able to change recipes and dishes to make them healthier by altering ingredients, and/or by using different cooking methods, e.g. using herbs instead of salt, using low fat yoghurt, grilling instead of frying. ... apply good food safety principles when buying, storing, preparing and cooking food.
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<p>Food Safety</p>	<p>By the age of 7-9, children should:</p> <ul style="list-style-type: none"> ... recognise the importance of preparing and cooking food safely and hygienically, e.g. cleaning up regularly. ... be able to get ready to cook, e.g. tie back long hair, wash hands, wear an apron. ... be aware that food purchased or cooked needs to be stored in different ways to keep it safe, e.g. fridge, freezer. 	<p>By the age of 11-12, children should:</p> <ul style="list-style-type: none"> ... know that food safety means preventing contamination, spoilage and decay when handling and storing food, so that it is safe to eat. ... demonstrate good food safety practices when getting ready to store, prepare and cook food e.g. keep raw meats away from other food. ... use information on food labels to store food correctly. 	<p>By the age of 14, pupils should:</p> <ul style="list-style-type: none"> ... understand the principles of cleaning, preventing cross-contamination, chilling, cooking food thoroughly and reheating food until it is piping hot. ... plan and carry out food storage, preparation and cooking safely and hygienically. ... understand and use date-mark and storage instructions on food labels. 	<p>By the age of 16+, students should:</p> <ul style="list-style-type: none"> ... implement good food safety when handling, preparing, cooking and serving food, e.g. keeping raw and cooked food separate to avoid cross-contamination. ... apply food safety information on food labels when buying, storing and consuming food.
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Further Resources

More information on healthy eating and cooking can be obtained from the following websites:

British Nutrition Foundation website provides healthy eating information, resources for schools, news items, recipes and more. The education pages (www.nutrition.org.uk/education) provide information about the key competencies for Key Stage 1 - Key Stage 4 and links to the primary website Food a Fact of Life, the secondary Food Life Skills Course, Active Kids Get Cooking and Video Podcasts.

Billingsgate Seafood College has produced resources for primary and secondary schools, as well as providing training days at their college
www.seafoodtraining.org/schools_education_programme.htm

Food a Fact of Life website (www.foodafactoflife.org.uk) contains lesson plans, worksheets, recipes and more for Key Stage 1 - Key Stage 4 teachers to use to teach healthy eating, cooking and food and farming.

Food Forum (www.foodforum.org.uk) is an independent food education service providing a forum for teachers, children and young people, produced by a food technology teacher. The website includes a variety of curriculum resources to support teaching and learning in food technology in primary and secondary school.

Food Standards Agency – information on nutrition, food safety and hygiene, as well as recipes and resources www.eatwell.gov.uk and www.food.gov.uk

Resources from Sustain including recipes to promote fruit and vegetable consumption in primary school www.sustainweb.org/grab5_index.asp

Royal Society of Chemistry and Heston Blumenthal have produced a set of activities using food to teach about chemistry, suitable for advanced Key Stage 3 and Key Stage 4 pupils:
www.rsc.org/education/teachers/learnnet/kitchenchemistry

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ContinYou cooking guides:

- Let's Cook! is designed to help those in primary and secondary schools who would like to set up and run cookery clubs for pupils.
- What's Cooking? is for anyone who would like to help young people aged 11 to 14 learn more about food and about how to prepare and cook healthy and appetising meals.
www.continyou.org.uk/resources_and_publications/free/all

BBC's **Get Cooking** website (www.bbc.co.uk/food/get_cooking) is a useful resource to support Key Stage 3 and Key Stage 4 practical food education and GCSE Food Technology. The website provides a range of interactive recipe videos to enhance learning. The in-depth guide is particularly useful for teaching aspects on bread, eggs, knife skills and food safety. It can also be used to promote independent learning, as it allows pupils to develop their practical skills using mini masterclass videos.

British Food Fortnight (www.britishfoodfortnight.co.uk) is a yearly event to celebrate the diverse and delicious range of food that Britain produces. The website contains resource packs; contact details and a list of things to consider when inviting a chef to teach a cookery lesson and ideas on how to involve parents.

Cans in the Classroom (www.cannedfood.co.uk) is a free Key Stage 2 food education resource to get children interested in cooking. The site contains lots of educational material for teachers and teaching assistants.

Royal Horticultural Society Campaign for school gardens

(www.rhs.org.uk/SCHOOLGARDENING) - website dedicated to encouraging and supporting schools to develop and actively use a school garden to teach children how to grow food. They also have range of resources suitable for primary and secondary schools together with a continuous professional development programme for teachers.

