

The background features a large, semi-transparent watermark of the Thamesmead School crest. The crest is circular with a pinkish-red border containing the school's motto: "COMMITTED TO EXCELLENCE", "NURTURING INDIVIDUALS", "FULFILLING POTENTIAL", and "RESPECTING OUR COMMUNITY". In the center is a shield with a crown on top, two crossed canes, and the word "Thamesmead" written across it. Below the shield are wavy lines representing water.

# **Thamesmead School**

## **Food Preparation & Nutrition**

# Practical Skills Recipe Book

# Rainbow Wrap

## Ingredients:

1 carrot  
¼ red cabbage  
1 spring onion, thinly sliced  
Cucumber 5cm piece  
2-3 green/black olives (optional)  
Baby spinach -handful  
1 large tortilla wrap

## From School:

½ tsp vegetable oil  
1 tbspcider vinegar  
½ tsp mustard powder  
2-3 basil leaves

## Method:

1. Prepare all the vegetables:
  - Grate the carrot
  - Shred the cabbage
  - Thinly slice the spring onions
  - Cut the cucumber into batons
  - Tear the basil leaves
  - Half the olives
2. Mix the mustard powder, oil, and cider vinegar in a bowl, with a spoon to make the dressing
3. Add the cabbage to the dressing and stir.
4. Put the tortilla wrap on a sheet of foil and layer the filling on one half starting with the cabbage, then the carrot, cucumber, basil leaves, olives and sprinkle with spring onions
5. Roll the tortilla from the filling side, folding in the sides as you go
6. Slice in half or pinwheels.



# Boiled Egg with Soldiers

## Ingredients:

1 whole egg  
1 slice of wholemeal bread  
Butter for spreading

An egg cup



## Method:

1. Put the egg into a saucepan and cover with 2.5cm coldwater and place the pan on a high heat
2. When the water is almost boiling, start your timer and boil it for 5 minutes.
3. Reduce heat slightly to keep water bubbling but not fast boiling and stir the egg once more.
4. Once cooking time is complete, remove the egg from the pan with slotted spoon, place into egg cup
5. Place bread on a baking sheet and switch on the grill.
6. Grill the bread on one side, turn it over and grill on the other side.
7. Cut into soldiers/strips
8. Carefully slice off the top of your egg.
9. Sit down and enjoy!

# Quesadillas

## Ingredients:

1 spring onion or ½ leek  
½ pepper  
½ carrot  
50 g Cheddar or Red Leicester  
cheese  
2 large flour tortillas  
Fresh herbs



## Method:

1. Peel off the outer layers of the leek or spring onion, leaving the tender inner part then finely chop.
2. Finely chop the pepper.
3. Wash and coarsely grate the carrot.
4. Grate the cheese.
5. Put all the veg in a bowl, add the cheese, then mix it all together. If you've got fresh herbs, add some roughly chopped leaves.
6. To assemble, scatter the veg and cheese mixture across one tortilla, then top with the other tortilla.
7. Put a large frying pan on medium heat.
8. Dry fry the quesadilla for 2 minutes on one side, turn over and fry on the other side, until golden and crisp on the outside and the cheese has melted in the middle.

# One cup pancakes



## Ingredients:

1 cup of self raising flour  
1 cup of milk  
1 large egg  
Butter or oil for frying

## Top toppings of your choice:

Mixed frozen fruit, banana, yoghurt, runny honey, blueberries, apple, maple syrup, Mango, pineapple, strawberries

## Method:

1. Tip a cup of flour into a large jug. Fill the same cup with milk and pour into the jug, then crack in the egg and mix together well with a fork.
2. Place a frying pan on a medium heat number 3.
3. Use a ball of kitchen paper dipped in oil to rub into the frying pan.
4. Pour a spoonful of batter to the pan - you'll need to cook your pancakes in batches.
5. Wait for little bubbles to form on the surface of the pancakes, about 1 to 2 minutes, then use a fish slice to flip them over and cook for another 1 to 2 minutes, until golden on the other side.
6. Carefully wipe out the pan with a ball of kitchen paper, and cook the next batch.
7. Serve the pancakes right away, with your favourite toppings.

# Flatbread and Green Pea dip



## Ingredients:

### Flatbread ingredients:

150g self-raising flour  
150g natural yoghurt

### Pea dip ingredients:

200g frozen peas, defrosted  
1 spring onion  
1 garlic clove  
1 small bunch fresh mint/coriander leaves  
50g plain yoghurt  
¼ red chilli (optional)  
½ lime

### From School:

½ teaspoon baking powder  
Extra flour for dusting

½ tsp ground cumin  
¼ tsp ground coriander  
salt and freshly ground black pepper  
1 tbsp extra virgin olive oil

## Method:

1. Put flour and yoghurt into a mixing bowl and mix together with a spoon, then use clean hands to pat and bring everything together.
2. Dust a clean work surface with flour, then tip out the dough.
3. Knead for a minute to bring it all together.
4. Put the dough into a floured-dusted bowl, then leave aside.
5. Meanwhile make the **dip**, chop the spring onions and crush garlic. Place all dip ingredients: cumin, coriander, peas herbs, spring onion, garlic, salt and pepper, yoghurt, chilli, lime juice) in a food processor and blend.
6. Dust a clean work surface and rolling pin with flour, then divide the dough in half, then divide each half in half again (roughly the size of a golf ball).
7. With your hands, pat and flatten the dough, then use a rolling pin to roll each piece into 12cm rounds, roughly 2mm to 3mm thick.
8. Use a knife to cut 6 lines into the centre of each round, leaving about 3 cm at each end.
9. Place the frying pan on a high heat, then once hot, cook each one for 1 to 2 minutes on each side, or until puffed up, turning with tongs.

# Flatbread



## Ingredients:

150g self-raising flour  
150g natural yoghurt

## **From School:**

½ teaspoon baking powder  
Extra flour for dusting

## Method:

1. Put flour and yoghurt into a mixing bowl and mix together with a spoon, then use clean hands to pat and bring everything together.
2. Dust a clean work surface with flour, then tip out the dough.
3. Knead for a minute to bring it all together.
4. Put the dough into a floured-dusted bowl, then leave aside.
5. Wash up your bowl
6. Dust a clean work surface and rolling pin with flour, then divide the dough in half, then divide each half in half again (roughly the size of a golf ball).
7. With your hands, pat and flatten the dough, then use a rolling pin to roll each piece into 12cm rounds, roughly 2mm to 3mm thick.
8. Use a pallet knife to cut 6 lines into the centre of each round, leaving about 3 cm at each end.
9. Place the frying pan on a high heat, then once hot, cook each one for 1 to 2 minutes on each side, or until puffed up, turning with tongs.

# Cheese and Spinach Muffins



## Ingredients:

15 g butter  
1/2 small red onion, finely  
chopped  
200g plain flour  
125 g Cheddar cheese, grated  
(any hard cheese can be used)  
100 ml whole milk  
1 egg  
75 g baby spinach leaves

Muffin/ cupcake paper cases

## From School:

*1½ teaspoons baking powder*  
*½ teaspoon cayenne pepper*

## Method:

1. Preheat the oven to 170°C
2. Melt the butter in a saucepan over medium heat then fry the onion until soft and shiny. Set aside.
3. Put the flour, baking powder, cayenne and cheese in a large bowl.
4. In a separate jug mix the milk and egg together then slowly pour into the flour mixture and beat until all the ingredients are well mixed
5. Stir in the onion and spinach with a spoon until evenly dispersed.
6. Spoon the mixture into the paper cases until two-thirds full and bake in the preheated oven for 20-25 minutes or until deep golden and the sponge bounces back when touched. Leave the muffins to cool slightly in the tray before turning out onto a wire cooling rack to cool completely.

# Chickpea Curry & Rice (Chana Saag)



## Ingredients:

1 medium onion  
1 x 400g tin chickpeas  
1 x 400g tin of tomatoes  
1 teaspoon fresh ginger paste/ 2 cm fresh ginger grated  
1 teaspoon garlic paste/ 2 cloves of garlic  
200g baby spinach

1 fresh green chillies (optional)  
a few sprigs of fresh coriander (optional)

## From School:

½ teaspoon chilli powder  
½ teaspoon turmeric  
1 teaspoon sugar  
½ teaspoon ground coriander  
1 tablespoon oil  
½ teaspoon cumin seeds  
Salt

## Method:

1. Peel and finely chop the onions, drain and rinse the chickpeas and finely slice the green chillies -if using .
2. Heat the oil in a saucepan over a medium heat, add the onions and fry until transparent and turning golden at the edges.
3. Add the garlic and ginger.
4. Add the tinned tomatoes, fill the tin a third of the way up and swirl add to the pan. Cook for 5 minutes, Add the spices.
5. Stir the drained chickpeas into the pan. Place the lid on the pan, lower the heat and simmer for 5 to 7 minutes.
6. Add the spinach and stir.
7. Sprinkle with the chopped coriander - if using.

# Sausage Koftas and Tzatziki

## Ingredients:

3 sausages  
Fresh herbs such as  
rosemary/thyme  
¼ cucumber  
150ml natural yoghurt  
1 lemon

## From School:

Oil  
Salt  
Black pepper  
2 Kebab sticks  
Herb selection.

## Method:

1. Preheat the oven to 180C
2. Remove the skins from the sausages by slitting them lengthwise and peeling off.
3. Mould each sausage around the kebab stick, squashing the meat on and leaving finger marks.
4. Chop up the herbs if you are using and a tablespoon of oil and roll the sausage stick in the oil.
5. Bake in the oven for 10-15 minutes until cooked and golden.
6. Meanwhile , grate the cucumber into a bowl, add the yoghurt and season with salt and pepper and squeeze in some lemon juice.
7. Serve the kebabs with the dressing.



# Apple Crumble

## Ingredients:

### For the crumble

150g plain flour  
80g sugar  
100g butter or margarine

### For the filling

2 apples, peeled, cored and cut  
into 1cm/1/2in pieces  
25g sugar

### From School:

pinch of salt  
1 tbsp plain flour  
1 pinch ground cinnamon

## Method:

1. Preheat the oven to 180C
2. Place the flour, salt and sugar in a large bowl and mix well.
3. Rub the butter into the flour mixture with your finger tips. Keep rubbing until the mixture resembles breadcrumbs and all the butter is incorporated.
4. Place the fruit in an ovenproof dish and sprinkle over the sugar, flour and cinnamon. Stir well.
5. Sprinkle the crumble mixture on top.
6. Bake for 20-25 minutes until the crumble is browned and the fruit mixture bubbling



# Sausage Pasta Bake

## Ingredients:

2 cloves of garlic  
25g Cheddar cheese  
1 slice of bread  
2 sausages  
1 x 400g tin of tomatoes  
200 g dried pasta

## Ovenproof dish/ container to bake in

### *From School:*

1 teaspoons dried oregano  
oil  
1 pinch of dried chilli flakes  
Salt  
Black pepper

## Method:

1. Preheat the oven to 200°C
2. Cook the pasta in boiling water for 10 minutes. Drain in a colander and tip into your container.
3. Peel and finely slice the garlic. Coarsely grate the Cheddar. Tear the stale bread into small chunks or blitz in the food processor.
4. Tip the breadcrumbs into a bowl, a good pinch of the oregano, the grated cheese and a pinch of sea salt and a sprinkling of black pepper. Drizzle with a little oil and mix it all together.
5. Pop the sausages out of their skins and break each one into 4 equal pieces. Roll each piece into a ball shape and place on a baking tray. Bake in the oven for about 10 minutes, or until golden and cooked through.
6. Meanwhile, heat a little oil in a frying pan over medium heat. Add the remaining sliced garlic and oregano, and the chilli flakes. Stir until the garlic is coloured, then tip in the tomatoes.
7. Add a pinch of salt and pepper, bring to the boil, then reduce the heat and simmer for 5 minutes, stirring occasionally.
8. Add the sausage balls to the pasta, pour over the sauce and mix well.
9. Sprinkle over the cheesy crumb mix and bake for 10 minutes, or until golden on top and bubbling



# Chicken Goujons



## Ingredients:

2 slices of bread/2 pita bread  
1 chicken breasts/ 2 thighs  
1 fresh basil leaves - ½ pack  
1 egg  
1 clove of garlic  
10 g Parmesan cheese (optional)  
1 lemon

**Optional:** salad leaves and pita bread to serve.

## From School:

Salt and black pepper

## Veggie alternative:

Use cauliflower florets instead of chicken or whole Quorn fillets - sliced

## Method:

1. Preheat the oven to 200°C/400°F/gas 6.
2. Slice chicken into 1 cm strips and place in a bowl.
3. In a blender add: basil, egg, garlic, Parmesan, lemon zest, lemon juice, a pinch of sea salt and black pepper and blitz until smooth.
4. Pour over the chicken and mix together well, massaging the flavour into the meat.
5. Tear bread into a blender and blitz into fine crumbs, then pour into a shallow dish.
6. Working in batches, gently turn the chicken strips in the tray of crumbs until nicely coated.
7. Place on a baking tray, bake for 15 to 18 minutes, or until golden and cooked through, turning halfway.

# Margarita Pizzettas



## Ingredients:

175g self-raising flour,  
125g natural yoghurt  
2 cloves of garlic  
1 x 400g tin tomatoes  
½ a bunch of fresh basil  
150 g mozzarella (1 ball)  
or cheddar cheese

## From School:

olive oil  
Dried chilli flakes optional

## Method:

1. Preheat the oven to 220°C.
2. Place the flour in a large bowl with a small pinch of salt, ½ tablespoon of olive oil and the yoghurt. Mix well with your fingers until you can't move it anymore, then use your clean hands to form it into a dough. Turn onto a board and knead for a few minutes until smooth. Place it back into the bowl, and leave to one side while you make your sauce.
3. Peel and finely slice the garlic and place in a pan on a medium heat, then pour in the tomatoes. Use a potato masher to squash everything down to make a smooth sauce, then tear in most of the basil, add a pinch of salt and black pepper set aside. Cook for 10 minutes thickened.
4. Place your dough on a flour-dusted surface and divide into 4 pieces. Roll the pieces of dough into thin rounds. Transfer your pizza bases to the baking tray and spoon the tomato sauce over each base, spreading out with a spoon. Tear over the mozzarella.
5. Place the trays in the oven and cook for 10 minutes, or until the bases are crispy and the cheese is bubbling.

# Irish Soda Bread



## Ingredients:

200g wholemeal flour  
1 egg  
150 ml natural yoghurt

## From School:

½ teaspoon  
bicarbonate of soda  
½ teaspoon sugar  
Sea salt

## Method:

1. Preheat the oven to 190°C
2. Place the flour, bicarbonate of soda, sugar and ½ teaspoon of sea salt in a large bowl and mix together.
3. In a jug use a fork to beat the egg and yoghurt together.
4. Use a fork to stir the egg mixture into the flour, then as it starts to come together, use your hands to pat and bring the dough together. Be careful not to over-mix the dough – stop mixing as soon as it comes together otherwise you'll end up with tough, dense bread.
5. Shape the dough into a ball and place onto a lightly floured baking tray. Use your hands to flatten the dough slightly so you end up with a disk, roughly 6 to 7cm thick.
6. Score a cross into the top of the bread with a knife, then bake in the oven for 30 minutes, or until a firm crust has formed and it sounds hollow when tapped on the bottom.

# Veggie nachos



## Ingredients:

1 x small tin of sweetcorn  
3 spring onions  
½ red pepper  
2 tomatoes  
1 red chilli -optional  
A small bunch of coriander  
1 lime  
2 tortillas or wraps  
½ x 400g tin of black beans  
25g feta or grated cheddar  
cheese

**From School:**  
olive oil

## Method:

1. Preheat the oven to 180°C, and place a frying pan on number 4 to heat up.
2. Drain the sweetcorn and drain and rinse the beans.
3. Put the pepper, tomatoes, spring onions and chilli (if using) into the dry pan for 10 minutes, until soft and charred, turning occasionally. Transfer to a bowl, and leave for 5 minutes.
4. Tip the sweetcorn and beans into the pan and cook for 2 minutes, until the beans pop.
5. Once cool enough to handle, roughly chop the tomatoes and spring onions and add them to the charred sweetcorn and beans.
6. Chop the coriander leaves, then add to the bowl with the juice of ½ a lime, a splash of olive oil and a pinch of salt.
7. Pile up the tortillas and cut, through the stack, into eight triangles, then arrange in a single layer over a baking tray. Bake for 10 minutes, or until golden, turning halfway.
8. Arrange the tortilla chips in your container, top with the salsa. sprinkle over the cheese, and coriander leaves
9. Cut the remaining lime into wedges for squeezing over.

# Fruit Muffins



## Ingredients

1 egg  
50ml vegetable oil  
125ml milk  
125g caster sugar  
200g self-raising  
flour  
50g dried fruit such  
as sultanas or dried  
cherries, or  
fresh/frozen fruit  
(blueberries,  
banana etc.)

## **Muffin cases**

## Method

1. Heat oven to 200C. Line 1 muffin tray with paper muffin cases.
2. In a large bowl beat egg lightly with a spoon. Add oil and milk and beat until just combined then add caster sugar and whisk until you have a smooth batter.
3. Add the flour until just smooth. Be careful not to overmix the batter as this will make the muffins tough.
4. Stir in chocolate chips or fruit if using.
5. Fill muffin cases two-thirds full
6. Bake for 20 mins, until risen, firm to the touch. Leave the muffins in the tin to cool for a few mins and transfer to a wire rack to cool completely.

# Sausage Noodles



## Ingredients:

2 sausages  
1 garlic clove, crushed  
1 teaspoon grated ginger  
1 red chilli, chopped  
optional  
160g green beans  
3 nests medium egg  
noodles  
fresh coriander (optional)

## From School:

Oil  
Soy sauce

## Method:

1. Pour boiling water over the noodles and leave to soften.
2. Chop the garlic, chilli and peeled ginger. Trim and slice the green beans in half.
3. Squeeze the sausages out of their skins. Mix the sausage meat with the garlic, ginger and red chilli in a bowl.
4. Fry sausages in oil until browned on number 4.
5. Add the green beans, then fry for 1 min more.
6. Drain the noodles and add to the saucepan, add a spoon of soy sauce, and mix together.
7. Add a spoon of water and put the lid on to allow the beans to steam for a couple of mins.
8. Sprinkle with fresh coriander leaves.

# Thai Fish cakes



## Ingredients

200g tinned salmon  
1 lime finely grated zest  
1 spring onion, thinly sliced

### **From School:**

1 tbsp Thai fish sauce  
½ tbsp Thai red curry paste  
½ tbsp finely chopped coriander  
½ medium egg white  
½ tsp caster sugar  
1 tbsp vegetable oil

## Method

1. Finley chop the coriander and spring onion, zest the lime.
2. Put the salmon, fish sauce, curry paste, lime zest, coriander, egg white, spring onions and sugar in a bowl.
3. Use a fork to mash and mix until you have a paste.
4. Lightly wet your hands and form the mixture into 8 patties about 3cm (1in) across
5. Heat a frying pan. Add 1 tbsp of oil and cook half the fishcakes for 5 minutes until golden, then carefully turn them over and cook for 3-5 minutes more, until cooked through.

# Super Veg Burgers



## Ingredients:

1 small bunch of fresh coriander/  
other fresh herbs (optional)  
1 x 400g tin of chickpeas  
100g frozen peas  
1 lemon  
60 g Cheddar cheese (optional)

## To make into burgers -optional this can be done at home

1 lettuce leaves (little gem)  
1 tomato  
2-4 burger buns

## From School:

½ teaspoon smoked paprika  
1 teaspoon plain flour  
oil  
Salt and black pepper

## Method:

1. Put the coriander/herbs into the bowl of a food processor.
2. Drain the chickpeas and add to the bowl, along with the peas, smoked paprika and flour, salt and pepper.
3. Finely grate in the lemon zest, squeeze in half the lemon juice, then blitz until combined, but still a little chunky, scraping down the sides of the processor between pulses if needed.
4. Tip the mixture onto a flour-dusted board and divide into 4. Using flour-dusted hands roll each piece into a ball and flatten into a patty about 2.5cm thick.
5. Drizzle 1 tablespoon of oil into a large non-stick frying pan placed on a medium-high heat. Add the patties and cook for 3 to 4 minutes on each side, pressing them down with a fish slice, until golden on both sides.
6. Grate the cheese evenly onto the patties, and cook for 3 to 4 minutes until the cheese is melted.

## TO MAKE THE BURGERS

7. Trim the lettuce leaves, thinly slice the tomato into rounds and cut the buns in half.
8. Add the patties to the bun bottom and stack up the burgers with lettuce, tomato and your favourite sauce.

# Burritos



## Ingredients:

100g cooked chicken/turkey pieces or veggie pieces, (optional)  
1 small bunch of fresh coriander (optional)  
1 clove of garlic  
1 x 400g tin of pinto, black beans or kidney beans  
1 pouch of Uncle Bens/Tilda pre-cooked wholegrain rice  
1 tomato  
2 spring onions  
1 lime or lemon  
2 little gem lettuce leaves/salad leaves  
2 large flour tortilla wraps  
40 g Cheddar cheese

## From School:

Salt and freshly ground black pepper  
Salt and black pepper

## Method:

1. **Prepare: crush garlic, lemon zest and chop coriander, grate cheese**
2. **To make the salsa:** Chop the tomatoes and trim and finely slice the spring onions, then add to a bowl with the juice of the lime. Chop and add the remaining coriander leaves, mix well and season with salt and pepper.
3. Shred the lettuce.
4. Peel and crush the garlic, add to frying pan
5. Drain, rinse and add the beans, add to the garlic then fry for a few minutes.
6. Add the rice and 2 tablespoons of water cook for 5 minutes, until piping hot through, stirring occasionally.
7. If using, roughly chop and add half the coriander leaves and the zest from the lime or lemon. Stir well and remove from the heat.
8. Place tortilla onto worktop. Spoon one-quarter of the fried rice and beans along the middle, top with a generous spoonful of salsa, a handful of lettuce and chicken/quorn pieces and some cheese.
9. Wrap up the burrito. Repeat with the remaining ingredients.

# Singapore Noodles



## Ingredients:

2 nests medium egg noodles  
½ bag of fresh stir fry vegetables

### OR

- 50g broccoli
- ½ red pepper
- 40g baby corn
- 50g beansprouts

1 garlic clove  
1 red chilli (optional)  
fresh ginger 2cm piece  
2 spring onions  
Coriander leaves, (optional)

### Protein of your choice:

1 chicken breasts/ thigh  
100g shelled prawns  
100g quorn pieces  
100g tofu/paneer

### From School:

1 teaspoon Madras curry paste  
soy sauce  
Sunflower oil

## Method:

1. Pour boiling water over the noodles and leave to soften.
2. Prepare the vegetables and protein:
  - **broccoli:** sliced or broken up
  - **pepper: deseeded, quartered then cut into strips**
  - **baby corn:** quartered lengthwise
  - **garlic cloves:** peeled, shredded
  - **red chilli:** deseeded, chopped
  - **fresh ginger:** peeled, finely chopped
  - **Chicken** - slice
  - **Spring onions** sliced
3. Add oil and curry paste to the saucepan and stir-fry the chicken (prawns/ tofu/ paneer/quorn) until cooked. (not pink)
4. Add the garlic, chilli and ginger to the pan. Cook for 1 minute.
5. Add all the vegetables.
6. Stir-fry for a few seconds then add 50 ml water and the soy sauce. Allow to bubble then add the drained, softened noodles and mix together to coat.
7. Sprinkle with the coriander and spring onions.

# Turkey Burgers

## Ingredients:

250g turkey mince  
1 clove garlic

## OPTIONAL TO MAKE INTO BURGERS

2 burger buns  
Lettuce  
Sliced tomatoes  
Mayonnaise

## From School:

1 teaspoon Worcestershire sauce  
½ teaspoon chopped parsley  
Salt  
pepper  
Oil

## Method:

1. Cut potato into wedges, drizzle with oil place on baking tray in preheated oven. Bake for 15 minutes.
2. Crush garlic, chop parsley.
3. In a bowl, mix together turkey, garlic, Worcestershire sauce, and parsley, season with salt and pepper.
4. Form mixture into two flat patties.
5. In a medium pan over medium heat, heat oil. Add patties and cook until golden and cooked through, 5 minutes per side.
6. Check the core temperature is 75C or above with a food probe.
7. Serve on a bun with desired toppings.



# Cauliflower Mac 'n' Cheese



## Ingredients:

*Ovenproof dish/container*

125g dried macaroni or pasta

½ small head cauliflower or broccoli

250ml milk

100g cheddar cheese

15g butter or margarine

1 tbsp plain flour

## From School:

1 tsp English mustard

## Method:

1. Break the cauliflower/broccoli into pieces, grate the cheese.
2. Half fill a saucepan with water and bring it to the boil, add the dried macaroni/pasta and boil for 8 minutes, adding the cauliflower for the final 4 mins.
3. Meanwhile: Put the butter, flour, mustard (if using) and milk into a saucepan and heat on medium (4).
4. Stirring all the time to get a smooth sauce. Take it off the heat when it starts to boil and you see bubbles.
5. Add three-quarters of the cheese and salt and pepper to the sauce.
6. Drain the macaroni and cauliflower in a colander and stir into the cheese sauce.
7. Transfer to an ovenproof dish or your container, then sprinkle over the remaining cheese and flash under a hot grill until golden and bubbling.

# 50/50 Bolognese Sauce



## Ingredients:

250g minced beef, pork or turkey or quorn mince  
2 cloves of garlic  
125 g fresh or frozen chopped mixed onion, carrot & celery  
1 x 400g tin of lentils  
1 x 400g tin of chopped or plum tomatoes

## From School:

½ teaspoon dried rosemary  
olive oil  
1 tablespoons balsamic vinegar

## Method:

1. Chop the onion, carrot and celery if you have not done so already. Peel, finely chop the garlic.
2. Put a saucepan on a medium-high heat (4). Stir in the mince, breaking it up with your spoon, and let it brown for 10 minutes, stirring regularly. Add the rosemary and the garlic, along with the chopped mixed veg, season with sea salt and black pepper and cook for another 10 minutes, still stirring regularly.
3. Stir in the balsamic vinegar, then add the lentils, juice and all.
4. Add the tomatoes, then half-fill the tin with water, swirl around and pour into the pan.
5. Bring to the boil, then simmer on a medium-low heat for 15 minutes, or until thickened, stirring occasionally.

# Corn, Chilli and Cheese Empanadas



## Ingredients:

### Filling:

½ x 198g can sweetcorn  
small handful coriander,  
1 spring onion  
25g cheddar cheese  
½ green chilli, optional

### Pastry:

250g self raising flour  
75 g butter or margarine

**OPTIONAL: choose a filling of your choice - this must be prepared and ready to use in the lesson.**

### From School:

Egg wash

## Method:

1. Preheat the oven to 190°C
2. To make the pastry, combine the flour and a pinch of sea salt in a bowl. Rub the butter into the dry mix until it resembles fine breadcrumbs.
3. Mix in just enough cold water to bring it together, set aside.
4. Meanwhile, make the filling by mixing the corn, coriander, spring onion, cheese and chilli with some seasoning.
  - Drain sweetcorn
  - Chop coriander
  - Finely sliced spring onion
  - Grate cheddar
  - Chop chilli if using
5. Divide the pastry into 6 equal pieces, then roll each portion into 14cm circles and the thickness of a pound coin – use a biscuit cutter or saucer for an accurate round.
6. Spoon 2 tablespoons of the filling onto the middle of each pastry round, brush the edges with a little beaten egg, then fold them over the filling to make a semi-circle. Press the edges together with a fork to seal, then place onto a large, lightly greased baking tray.
7. Brush the empanadas with the beaten egg and bake in the hot oven for 15-20 minutes, or until golden and crisp.

# Risotto



## Ingredients:

1 stock cube, such as chicken or vegetable  
1 medium onion  
1 clove of garlic  
1 stick celery  
50g cheese - grated  
2 tablespoons butter  
150 g risotto rice

### **Optional:**

*100g of vegetables of your choice  
e.g.: mushrooms, peas, butternut  
squash, beetroot, tomato,  
peppers*

### **From School:**

Vegetable oil  
Salt and black pepper  
Selection of herbs

## Method:

1. Place the stockcube in a measuring jug and add 500ml boiling water.
2. Peel and finely chop the onion and garlic, trim and finely chop the celery. Grate the cheese.
3. In a pan, heat the oil and butter over a low heat -3, add the onions, garlic and celery, and fry gently for about 10 minutes, or until softened but not coloured.
4. Add the rice and turn up the heat to 4 – the rice will now begin to lightly fry, so keep stirring it. After 1 minute it will look slightly translucent.
5. Add 100 ml of stock. Turn the heat down to a simmer so the rice doesn't cook too quickly on the outside.
6. Keep adding more stock, stirring and allowing it to be absorbed before adding the next. This will take around 15 minutes.
7. Taste the rice — is it cooked? Carry on adding stock until the rice is soft but with a slight bite. Don't forget to check the seasoning carefully. If you run out of stock before the rice is cooked, add some boiling water.
8. Remove the pan from the heat, add 1 spoon of butter and the cheese, then stir well.
9. Place a lid on the pan and let it steam for 2 minutes – this is the most important part of making the perfect risotto, as this is when it becomes creamy.

# Tomato Spaghetti



## Ingredients:

1 leek or medium onion  
½ a fresh chilli , optional  
1 clove of garlic  
1 x 400g tin of tomatoes (whole or chopped)  
130 g dried spaghetti or pasta  
Parmesan cheese , to serve (optional)

## From School:

2 sprigs of fresh basil  
Oil  
Black pepper  
Salt

## DRESSING: OPTIONAL

5 tablespoon natural yoghurt  
2 tablespoons white or red wine vinegar  
1 tablespoon olive oil  
1 sprig parsley  
1 sprig of mint  
Salt and black pepper

*A selection of salad leaves/ ingredients*

**CONTAINER and empty jar with lid.**

## Method:

1. Halve, wash and finely slice the white part of the leek or finely chop the onion. Halve, deseed and finely chop the chilli (if using), and peel and finely chop the garlic.
2. Place a frying pan on a medium heat Number 4 with ½ a tablespoon of oil. Add the chopped onion to the pan and cook for 5 minutes, or until softened, stirring regularly.
3. Add the tomatoes. Quarter-fill the tin with water, swirl it around to pick up the last bits of tomato and pour it into the pan, then add a pinch of black pepper and a tiny pinch of sea salt.
4. Bring to the boil, then turn the heat down and leave to simmer, stirring regularly, while you cook your pasta.
5. Cook the pasta in a large pan of boiling water according to the packet instructions, then drain
6. Add the pasta to the sauce, then stir well over the heat.
7. Place the pasta in your container. Pick and finely slice the basil leaves, then scatter over the top, and serve with a good grating of Parmesan cheese.
8. To make the dressing shake all the ingredients in a jam jar and pour over the salad leaves

# Fruity Crumble Bars

## Ingredients

### **Crumble**

175 g rolled oats

200g plain flour

150 g sugar

½ tsp baking powder

175g butter or margarine

### **Filling**

200g raspberries/ blueberries  
(fresh or frozen berries)

150 g berry or apricot jam

1 tbsp lemon juice

1 tbsp cornflour



## Method:

### **Crumble**

1. Preheat the oven to 180°C and line a 9x9" square tin with parchment paper.
2. In a large bowl, add the rolled oats, plain flour, sugar, baking powder and butter.
3. Rub the ingredients together with your fingers until the mixture resembles breadcrumbs and there are no large lumps of butter left.

### **Filling**

1. In a new bowl, add the fruit, jam, lemon juice and cornflour.
2. Mash the ingredients together until they are combined.

### **Assembly**

1. Pour  $\frac{3}{4}$  of the oaty crumble mix into the lined tin and press down firmly.
2. Pour the filling onto of the oats, and spread.
3. Sprinkle over the rest of the crumble mix
4. Bake the crumble bars in the oven for 30+ minutes until golden
5. Leave the bars to cool fully before portioning.

# Homemade pasta and fresh tomato sauce

## Ingredients:

### Pasta:

100g pasta flour, strong bread flour  
or plain flour  
1 egg



### Sauce:

3 large tomatoes  
1 clove garlic  
handful of fresh basil  
Parmesan cheese optional

## Container

## Method:

1. Place the flour on the worksurface.
2. Make a well in the centre and crack the egg into it.
3. Beat the egg with a fork until smooth.
4. Using the tips of your fingers, mix the eggs with the flour, incorporating a little at a time, until everything is combined.
5. Knead the dough until it all binds together to give a smooth lump.
6. Work it with your hands it starts to feel smooth and silky instead of rough and floury.
7. Wrap it in clingfilm and put it in the fridge to rest for at least 10 minutes
8. Use the pasta roller to shape.
9. Sauce: chop onion and basil, crush garlic. Set aside in a bowl
10. Boil water cook pasta for 3 minutes. Drain and add sauce to hot pasta stir well.

# Dough Balls and Garlic Butter



## Ingredients:

75ml warm water  
1 teaspoon dry yeast  
(easy bake)  
120g of plain flour  
½ teaspoons of salt

## **For the garlic butter**

10ml olive oil  
4 tablespoon of butter  
Half a teaspoon of  
chopped garlic  
Fresh parsley chopped  
(optional)

## Method:

1. Preheat the oven to 200°C. Line a baking tray with greaseproof paper.
2. Put the flour, yeast and salt into a large mixing bowl. Make a well in the middle and pour in the warm water.
3. Lightly flour your hands and slowly mix the ingredients together until they bind.
4. Dust your surface with flour, knead the dough for 10 minutes until smooth, silky and soft.
5. Leave dough to rest for 5 minutes.
6. **Make the garlic butter:** blend olive oil, butter and chopped garlic into a paste with a spoon, add parsley.
7. Roll dough into a 3 cm wide long tube. Chop into 8 chunks and place on a baking tray. Leave the Dough Balls to rest in the pan for 5 mins. While you wash up your bowl and wipe worksurfaces.
8. Bake for six minutes until lightly golden.

# Swiss Roll

## Ingredients:

3 eggs

75g caster sugar

75g plain flour

4 tablespoons jam

*Large flat container with a lid*



## Method:

1. Preheat oven, 200°C, Gas mark 6. Line and grease a 30 x 20 cm Swiss Roll tin
2. Sieve the flour onto a sheet of paper.
3. Quarter fill a small saucepan with water and let it boil to create steam. Turn off the heat under the saucepan
4. Break eggs into a large mixing bowl and then add 75g of caster sugar.
5. Place the mixing bowl over the steaming saucepan. Make sure the simmering water is not touching the base of the mixing bowl.
6. Using an electric whisk, whisk the eggs and sugar for 5 minutes or until the mixture is very light in colour, thick in texture and at least double its original volume. Continue whisking for ½ minute. Add 1 tsp vanilla essence.
7. Sieve half the flour into the mixture, gently but quickly, fold in the flour with a pallet knife using cutting movements. Then sieve in the remaining flour and fold into the mixture.
8. Immediately transfer the mixture to the prepared tin, making sure that the mixture runs to all four corners of the tin. Bake towards the top of the oven for 10-12 minutes,
9. While the Swiss Roll is in the oven wash up your equipment and prepare your damp tea-towel.
10. After 10-12 minutes, check whether your cake is cooked – if it is well risen and firm to the touch turn out onto a clean damp tea-towel.
11. Carefully but quickly peel off the paper. Cut away the crisp edges with a knife.
12. Roll the sponge with the tea-towel and leave rolled up for 3 minutes.
13. Unroll the sponge gently and spread quickly with the warm jam. Roll up tightly and hold in position for 1 minute. Cool on a wire rack.