

VEGETABLE SOUP

Ingredients

1 onion
1 potato
2 carrots
1 leek
1 stock cube
2 tsp mixed herbs
1 pint water
1 tblsp vegetable oil

Method

1. Wash and peel vegetables. Chop finely. Grate carrot.
2. Add oil to a large saucepan.
3. Add onion - fry until soft. Add rest of vegetables, and sweat for 5-10 minutes stirring with a wooden spoon.
4. Add stock cube and 1 pint water and simmer for 20-30 minutes.
5. Season and blend until desired consistency.

MELTING CHEESE MEATBALLS

Ingredients

100g dried pasta
250g lean mince
1 small onion
1 small carrot
40g cheddar cheese
Salt and pepper

Sauce:

1 tin chopped Tomatoes
2 tbsps tomato Puree
1 onion
1 tsp mixed herbs
1 tbsp oil

Method

1. Preheat oven to 200°C, Gas 6
2. Put water onto boil and once boiled add pasta. Bring to the boil and simmer for 12 to 15 mins. Drain the pasta when it is ready.
3. Finely dice the onion and grate the carrot. Cube the cheese into 8 pieces.
4. Place mince in a large bowl. Add carrot and onion. Mix together. Add seasonings.
5. Make 8 meatballs, pressing a cube of cheese into the centre of each one. Mould firmly into balls. Place on a baking sheet. Cook for 20 minutes until cooked through completely.
6. Fry the onion in oil until soft. Stir in the tomatoes, tomato puree and herbs. Heat for 5 minutes.
7. When the meatballs are cooked remove from the oven and add the sauce. You may serve with spaghetti or mashed potato.

MINI QUICHES

Ingredients

Pastry:

150g plain white flour
37g lard
37g butter
6 tsp cold water
Pinch of salt

Filling:

40g grated cheese
1 egg
1/8 pint milk
Pinch salt and pepper

Possible fillings:

$\frac{1}{4}$ onion
 $\frac{1}{4}$ pepper
25g rashers of bacon
25g ham
25g goats cheese
1 tomato
Mixed herbs

Method

Preheat oven to 200°C/Gas 6

Make Pastry

1. Rub fat and flour together with fingertips. Add cold water slowly until pastry is formed.
2. Roll out pastry and cut into small discs with a cutter.
3. Grease a bun tin and place pastry discs into tray

Make Filling

1. Mix egg and milk together with a fork. Add salt and pepper.
2. Place chosen fillings of quiche into pastry cases. Pour over milk and egg mixture.
3. Sprinkle over cheese
4. Bake for 15 - 20 minutes at 200°C

FISH CAKES

Ingredients

350g potatoes
200g fish fillet or tinned fish
25g butter
1 egg
Small bunch parsley
200g dried breadcrumbs or stale bread grated
4 tbsp cooking oil
Salt and pepper to season.

Method

1. Peel potatoes and cut into even-sized pieces.
2. Place into large pan and cover with cold water.
3. Bring to boil and simmer for approx. 20 minutes until potatoes are soft.
4. Place fish in cold water. Bring to the boil. Turn off heat and leave for 10 minutes.
5. Chop parsley.
6. Drain potatoes and mash until smooth.
7. Stir fish and parsley into potatoes and season well.
8. Make breadcrumbs in food processor.
9. Place potato mixture onto floured surface. Make it into sausage shape and divide into 8 even pieces. Shape into rounds.
10. Crack egg onto metal plate and beat with fork.
11. Put breadcrumbs onto a piece of greaseproof paper. Dip each fishcake into beaten egg, then breadcrumbs.
12. The fishcakes can then be fried or oven-baked. If oven-baked, put onto greased baking tray and bake in oven for 15-20 minutes at 200°C/Gas 6. If fried, heat oil in frying pan and cook fishcakes on both sides for approx. 2 minutes per side until golden brown.

STIR FRY

Ingredients

100g noodles

50g bean sprouts

4 spring onions

1 carrot

1 pepper

1 courgette

2 tbsps oil

250g chicken/beef/turkey/lamb or meat alternative such as quorn

Any other vegetables of own choice may be used

Sauce: 2 tsp cornflour, 2 tblsp vinegar, 1 tblsp tomato sauce, 4 tblsp pineapple juice, 1 tblsp (15g) sugar.

Method

1. Put large pan of water on to boil, ready for the noodles
2. Peel the carrot, wash the bean sprouts and onions, and trim the ends of the onions
3. Cut all the vegetables (except the bean sprouts) into batons.
4. Heat the oil in a saucepan or wok. The oil should be hot. Add the meat until cooked thoroughly.
5. Add the vegetables except the bean sprouts and spring onions and fry over a high heat for 2 minutes. Add the bean sprouts and spring onions and cook for a further minute.
6. Blend sauce ingredients together and add to the wok. Heat until the sauce has thickened.
7. Simmer noodles until soft for approximately 5 minutes. Drain and add to stir fry.

BREAD ROLLS - SHAPED

Ingredients

200g strong plain flour

$\frac{1}{2}$ tsp salt

1 tbs oil

15g dried yeast

1 tsp sugar

$\frac{1}{2}$ tsp vitamin C

125ml warm water

Method

1. Preheat oven 200°C/Gas 6
2. Put flour, sugar, vitamin C, salt and dried yeast into a bowl. Mix well.
3. Measure out 125ml of warm water into a measuring jug.
4. Add oil to the warm water.
5. Add the warm water into dry ingredients, mixing with a table knife to a soft but not sticky dough.
6. Mix to an elastic dough with a table knife.
7. Knead for 5 minutes on a floured surface.
8. Shape and place onto a baking tray.
9. Brush with egg or milk.
10. Prove in warm place (15 minutes in plastic bag)
11. Bake 10-15 minutes until golden brown and sounds hollow when tapped.

PIZZA

Ingredients

Pizza Base

200g strong flour
Pinch salt
12.5g dried yeast
 $\frac{1}{2}$ tps sugar
1 tblsp vegetable oil
125ml warm water

Sauce

$\frac{1}{2}$ onion
1 tin chopped tomato
2 tsps mixed herbs
 $\frac{1}{2}$ tsp salt and pepper
100g grated cheese

Toppings:

50g mushrooms
or 50g bacon
or 50g pineapple

Method

1. Preheat oven to 200°C/Gas 6
2. Chop onion finely and fry in oil.
3. Add tomatoes, herbs and seasoning. Simmer for 10 minutes for form a thick sauce.
4. Add sugar, add vitamin C, sald and dried yeast to flour.
5. Meaure out 125ml warm water.
6. Add vegetable oil to warm water.
7. Add warm water to flour, mixing with a table knife until it forms a dough.
8. Knead the dough on a floured board for 5 minutes or until it becomes smooth and elastic.
9. Roll out and shape dough. Place onto a baking tray with greaseproof paper.
10. Spread over sauce and sprinkle on cheese and other toppings.
11. Bake for 20-25 minutes.

CHEESE AND HERB SCONES

Ingredients

200g self raising flour

50g margarine

Pinch salt

$\frac{1}{4}$ pint milk

75g cheese

1 tsp mixed herbs

Method

1. Heat the oven to Gas 6/200°C
2. Sieve the flour and salt into a bowl
3. Rub in the margarine with fingertips until the mixture looks like breadcrumbs
4. Add the cheese and herbs.
5. Make a well in the mixture and add enough milk to make a dough
6. Knead on a floured board. Pat out to $\frac{1}{2}$ inch thick.
7. Cut into shapes. Put onto a lightly greased baking tray. Glaze with milk.
8. Cook for 10 minutes, until risen and golden and sound hollow.

BEEF COBBLER

Ingredients

50g mushrooms
1 medium onion
1 medium carrot
250 beef mince
1 tbsp plain flour
1tsp mixed herbs
1 stock cube
250ml boiling water
1 400g can of chickpeas (optional)
2 tbsp tomato puree

Scone topping

50g butter/marg
200g plain flour
1 tsp mixed herbs
125ml milk

Method

1. Prepare food handler, equipment and area.
2. Preheat oven to 190°C/gas 6.
3. Peel and dice the carrots, onion and mushroom.
4. Put the onion, carrot and minced beef into a saucepan with 1tbsp oil. Cook over a medium heat until the mince has browned.
5. When brown, add the mushrooms and cook for 2 minutes.
6. Add the flour, mixed herbs and crumble in the stock cube.
7. Add 250ml of boiling water, tomato puree and chickpeas if using, reduce to a low heat and simmer for 10 minutes.
8. Whilst simmering make the cobbler topping, rub the butter into the flour until it looks like breadcrumbs.
9. Stir in the mixed herbs and slowly add the milk, stirring with a table knife.
10. Once combined turn out onto a floured surface.
11. Flatten out the dough to 2cm thick and cut into rounds with a pastry cutter.
12. Pour the meat into an oven proof dish and arrange the scones on top.
13. Glaze the scones with milk and bake in the oven for 15 minutes until risen and golden brown.

VEGETABLE SAMOSA

Ingredients

1 potato
 $\frac{1}{2}$ onion
50g peas
2 tsp curry powder
 $\frac{1}{4}$ pint water
1 packet filo pastry
50g margarine or butter
Salt and pepper

Method

- 1 Heat oven to 200°C/No 6

Filling:

1. Heat the oil
2. Fry the onion and potato for 5 minutes
3. Add peas and curry powder
4. Add water and cook gently with the lid on until potatoes are soft.
5. Season to taste.
6. Allow to cool

Samosa

1. Lay out filo pastry sheet and brush with melted margarine
2. Place 1 tablespoon of filling mix into the corner of the filo pastry
3. Fold the samosa into triangle shape
4. Brush with melted margarine or oil.
5. Place on a baking tray and bake for 10-15 minutes until crispy and golden brown.

LASAGNE

Ingredients

Meat sauce

200g minced beef
450g can chopped tomatoes
25g cooking oil
1 medium onion
 $\frac{1}{2}$ green pepper (optional)
1 beef stock cube
1 clove garlic
Pinch mixed herbs
Pinch black pepper

Cheese sauce

25g margarine
25g plain flour
250ml milk
100g Cheddar cheese
Parsley to garnish.

Lasagne

100g plain flour
1 egg
1 tblsp vegetable or olive oil

Method

1. Preheat oven to 200°C/Gas 6.
2. Peel and chop onion.
3. Grate cheese.
4. Dice vegetables.
5. Take medium pan, add 25g cooking oil, put on medium heat and add chopped onion.
6. Cook onion for 2 mins until translucent (clear) in colour.
7. Add minced beef to onions and cook, stirring continuously, until beef is brown in colour (approx. 5 mins).
8. Add green pepper (if using) and cook for further 2 mins, stirring constantly until slightly softened.
9. Add tinned tomatoes, stock cube, mixed herbs, clove of garlic (crushed and chopped) and black pepper.

10. Stir ingredients and simmer for 10 mins.
11. Whilst meat sauce is cooking, make cheese sauce by using roux method.
12. Put marg. into small pan and melt gently over low heat.
13. Stir in flour with wooden spoon until mixture forms a roux (paste).
14. Take mixture off heat and add milk, *a little at a time*, stirring constantly until all milk is added.
15. Put pan back on heat and heat gently, stirring constantly, until sauce thickens. *Do not leave the pan unattended.*
16. When sauce thickens, add $\frac{3}{4}$ of grated cheese, stir into mixture, then remove pan from heat.
17. Now make lasagne. Put a layer of meat sauce into bottom of ovenproof dish. Next add a layer of lasagne sheets, then another layer of meat sauce, then another layer of lasagne sheets, then the final layer of meat sauce, finally pour over cheese sauce on top.
18. Sprinkle rest of grated cheese over lasagne and bake in oven for approx. 30 minutes (190°C/Gas 5).

Remove from oven and garnish with parsley

To make Lasagne sheets

- 1 Put flour into a mixing bowl.
- 2 Add beaten egg, and oil.
- 3 Mix with a table knife to form a stiff dough. (a little extra water may need to be added)
- 4 Knead for approximately 5 mins until a smooth elastic dough is formed.
- 5 Roll through pasta machine, starting with the thickest setting first.

PUFF PASTRY SNACKS

Ingredients

Plain flour 200g

Butter 150g

Toppings

Method

1. Chop fat into 1.5cm cubes.
2. Add into flour and mix.
3. Add in enough water to bring together to form a dough. Mix this in with a knife but do not cut up the fat.
4. Roll and fold the pastry 6 to 8 times.
5. Chill whilst toppings are being prepared.
6. Add toppings and cook for 25 - 30 minutes

JAM TARTS

Ingredients

Pastry:

100g plain white flour

25g lard

25g butter

6 tsp cold water

Pinch of salt

Filling:

200g jam

Method

Preheat oven to 200°C/Gas 6

Make Pastry

1. Rub fat and flour together with fingertips. Add cold water slowly until pastry is formed.
2. Roll out pastry and cut into small discs with a cutter.
3. Grease a bun tin and place pastry discs into tray

For the filling:

Spoon a tsp of jam into the centre of each of the pastry cases ensuring they are even.

Bake for 15 - 20 minutes at 200°C

APPLE TART

Ingredients

Pastry:

200g plain flour

150g butter

cold water

Filing:

2 eating apples

1 lemon

1tblsp caster sugar

2tblsp apricot jam

Method

1. Preheat the oven to 220°C / gas 7.
2. Place the flour into a bowl and add 2cm chunks of hard cold fat.
3. Cut the fat into the flour a little and then add enough water to bind the pastry together.
4. Flour your work surface and start to roll the pastry out into a rectangle. (don't worry if the butter is still visible)
5. Fold the ends of the pastry back in on themselves so you have 3 layers. Turn the pastry a $\frac{1}{4}$ turn and roll again.
6. Repeat step five three more times. Wrap in cling film and place in the fridge until needed.
7. Peel, core and thinly slice the apples.
8. Juice the lemon and pour juice over the sliced apples.
9. Remove pastry from the fridge and roll out. Cut out 4 or 5 rectangles.
10. Place some of the apples on each rectangle and sprinkle with the sugar.
11. Brush the edge with egg and bake until golden and cooked.
12. Once cooked brush over the softened apricot jam.

PAVLOVA

Ingredients

3 Egg whites
Pinch Salt
180g Caster sugar
1tsp Vanilla flavouring
1tsp Vinegar
300ml Double cream
Fresh fruit

Method

- 1 Whisk egg whites and salt until stiff peaks.
- 2 Whisk in half the sugar to stiff peaks, then the other half of sugar.
- 3 Whisk in vanilla flavouring and vinegar.
- 4 Spread or pipe meringue over a 23" circle or 4 smaller circles and cook for 1 hour, oven 140oC, No 1, until firm.
- 5 Leave to cool and decorate with fruit and whipped cream.

CHEESECAKE

Ingredients

225g low fat soft cheese
25g caster sugar
1 lemon
125ml double cream

Biscuit Base:

150g digestive biscuits
75g butter or margarine

Method

1. Make the biscuit crumbs in the food processor. Melt the margarine or butter.
2. Add the biscuit crumbs to the melted margarine and mix well. Place in a dish and chill in the fridge.
3. Wash and grate the lemon. Squeeze out the juice.
4. Whip the cream with an electric hand mixer, until it starts to thicken.
5. Mix the cream, cheese, sugar, rind and juice for a few seconds.
6. Spread over crumbs
7. Chill and then decorate.

SWISS ROLL

Ingredients

3 eggs

75g caster sugar

75g plain flour

Jam

Caster sugar

Method

1. Preheat oven to 200°C/Gas 6. Line and grease a Swiss roll tin.
2. Put the eggs and sugar into a bowl. Whisk until thick - use the 'W Test' to check.
3. Add the sieved flour, and carefully fold into the mixture using a metal spoon.
4. Pour mixture into Swiss roll tin. Spread evenly.
5. Bake for 7-8 minutes until cake is firm and springy in the centre and shrinks slightly away from the side of the tin.
6. Whilst Swiss roll is in oven, sprinkle sugar onto a piece of greaseproof paper.
7. Remove Swiss roll from tin and turn out onto sugared greaseproof paper. Carefully remove greaseproof paper and trim edges with sharp knife.
8. Spread quickly with slightly warmed jam.
9. Make a roll with fingers, drawing the paper away from you over the sponge.
10. Leave to cool resting on the seam.
11. Dredge with caster sugar.

FRUIT GATEAU

Ingredients

75g plain flour

3 eggs

75g caster sugar

$\frac{1}{2}$ pint double cream

Decoration possibilities:

Grated chocolate

Coconut

Fruit

Nuts

Method

- 1 Preheat the oven to 200°C, Gas Mark 6
- 2 Line the bottom of two circular sandwich tins
- 3 Put the eggs and sugar into a bowl. Whisk until thick - use the 'W Test' to check
- 4 Add the sieved flour, and carefully fold into the mixture using a metal spoon
- 5 Pour into the tins and bake for 10-15 minutes
- 6 Tip out onto a wire rack to cool.
- 7 To decorate: whisk cream until thick, fill each layer with cream, coat outside edges of cake with cream, place grated chocolate/coconut or other decoration onto a layer of bakewell paper and roll the edges of the cake into the decoration, coat the top of the cake with cream and decorate with fruit.

YULE LOG

Ingredients

3 eggs
60g plain flour
15g cocoa
75g caster sugar
175g butter or margarine
300g icing sugar
50g cocoa
Christmas decorations

Method

1. Grease and line a swiss roll tin.
2. Whisk sugar and eggs together until the mixture will hold a W.
3. Sieve in flour and cocoa and fold in gently with a metal spoon.
4. Gently pour and spread mixture into tin.
5. Cook at 190°C for 10-15 minutes until firm to touch.
6. Tip out onto a damp tea towel and roll up. Wrap with towel.
7. Cool completely.
8. Cream together margarine, icing sugar and cocoa.
9. Unroll cake and spread with 1/3 butter cream.
10. Cover roll with remaining butter cream, decorate and dust with icing sugar.

LEMON MERINGUE PIE

Ingredients

Pastry

150g plain flour
37g margarine
37g lard/white fat
125ml cold water (approx.) to mix
Pinch salt

Filling

Grated rind and juice of 2 large lemons
250ml cold water
50g cornflour
50g caster sugar
2 large egg yolks
40g margarine/butter.

Meringue

2 large egg whites
100g caster sugar

Method

1. Preheat oven to 190°C/Gas 5.
2. Prepare pastry: process fat and flour until it resembles fine breadcrumbs.
3. Add cold water, a little at a time, and mix with a round-bladed knife until it forms a stiff paste.
4. Roll out on a floured surface to 0.5cm thick.
5. Line a 18cm flan ring with it (the ring should be placed on a baking tray and lightly greased).
6. Bake blind for 20 minutes on high shelf or until fully cooked
7. Remove pastry case from the oven, leave to cool, and lower oven temperature to 150°C/Gas 2 for the meringue.
8. Separate eggs.
9. Place cold water, lemon juice and rind, sugar and cornflour into a saucepan. Heat and stir continuously with a wooden spoon until it thickens.
10. Remove from heat and beat in egg yolks, lemon juice and margarine/butter.

11. Pour the lemon mixture into the pastry shell and spread it out evenly.
12. For the meringue, use a large *clean* mixing bowl and whisk the egg whites until they form soft peaks.
13. Add in half the sugar and whisk. Add in the other half and whisk until soft peaks are formed.
14. Spread the meringue mixture all over the filling so it seals the top completely.
15. Cook in oven (150°C/Gas 2) for 45 minutes until the meringue has turned pale beige and is crisp on the outside and squashy in the middle.

FRUIT ECLAIRS

Ingredients

Choux Pastry

50g plain flour

125ml water

50g margarine

1 large egg

Filling & Icing

$\frac{1}{4}$ pint/125ml double cream

50g chocolate

100g fruit

Method

- 1 Preheat oven to 200°C, Gas 6. Sieve flour onto a piece of greaseproof paper.
- 2 Place water and margarine in a small saucepan and bring to boil.
- 3 Remove from heat and stir in flour, beat well. Return to a low heat and cook for a further 2 minutes, beating continuously with a wooden spoon until mixture leaves the side of the pan.
- 4 Remove from heat and allow to cool slightly. (could put paste into a mixing bowl to help it cool)
- 5 Whisk egg and beat into mixture a little at a time.
- 6 Place mixture in a piping bag or spoon onto a greased tray. Bake for 30-35 minutes until golden brown, well risen and crisp.
- 7 Remove from oven and slit each one to allow the steam to escape. Leave to cool on a wire rack. Whip cream.
- 8 Melt chocolate by either carefully heating in the microwave, or melting in a double boiler. To do this, break chocolate into small pieces in a bowl. Boil a small saucepan of water, remove from the heat and place basin on top. Leave for 3-4 minutes until the chocolate has melted; stir until smooth.
- 9 Pipe in cream. Decorate with fruit and drizzle with chocolate.

BROWNIES

Ingredients

125g unsalted butter
100g plain chocolate
40g cocoa powder
35g plain flour
 $\frac{1}{2}$ tsp baking powder
180g caster sugar
2 eggs

Method

- 1 Preheat oven to 180oC/No 5.
- 2 Line a square tin with greaseproof paper.
- 3 In a mixing bowl over some simmering water, meld the butter and the chocolate and mix until melted.
- 4 In a separate bowl beat the eggs and sugar together.
- 5 Pour the egg mixture into the chocolate mixture and mix well with a wooden spoon.
- 6 Pour the brownie mixture into a baking tray (if you have any extra chocolate chunks these can be pushed into the top of the brownie mix)
- 7 Place in the oven for 25 minutes. Time this carefully.
- 8 When cooked put onto a cooking rack and divide into nine equal pieces.
- 9 Leave to cool properly before putting it into a container.

CHELSEA BUNS

Ingredients

200g strong flour
Pinch salt
25g sugar
25g butter or margarine 12.5g yeast
 $\frac{1}{4}$ tsp vitamin C
125ml warm water
1 tblsp vegetable oil

Method

1. Sieve flour and salt into bowl and rub in margarine. Stir in sugar.
2. Blend yeast, oil, sugar, vitamin C and warm water together.
3. Add the yeast mixture to the flour and mix. Knead the dough onto a floured surface for 5 minutes until the dough is smooth and elastic.
4. Melt the margarine, sugar and spice and add the fruit.
5. Roll out the dough to a 20cm square and spread over the fruit mixture.
6. Roll the dough and cut into 6 even size pieces.
7. Place the rolls into a round tray and prove for 10 minutes.
8. Brush with egg or milk wash. Cook in the oven for 20-30 minutes until the buns hold their shape when pushed.

VANILLA FUDGE

Ingredients

300ml milk
350g caster sugar
100g unsalted butter
1tsp vanilla extract

Method

1. Grease and line a square baking tin
2. Put the milk, butter and sugar in a saucepan and heat gently, stirring all the time until the sugar has dissolved, and the butter melted.
3. Bring to the boil for 15 minutes stirring all the time **Do not leave saucepan unattended!** When the mixture rises dramatically remove from the heat, for one minute and stir until it falls again.
4. When the mixture reaches soft ball stage (115°C on a temperature probe) remove from the heat and stir in the vanilla extract.
5. Leave to cool for five minutes
6. Beat the mixture with a wooden spoon until it starts to thicken and the gloss disappears. Pour into the tin and leave to set at room temperature.
7. Once set cut into pieces and store in a sealed container.

ROASTED VEGETABLE AND PASTA MEDLEY

Ingredients

- $\frac{1}{2}$ pepper
- $\frac{1}{2}$ courgette
- $\frac{1}{2}$ onion
- $\frac{1}{2}$ sweet potato or parsnip
- Salt and pepper
- 1tbsp oil
- 75g pasta

Cheese sauce

- 25g butter or margarine
- 25g plain flour
- 250 ml milk
- 50g cheddar cheese

Method

1. Preheat oven to 200°C/Gas 6. Place a pan of salted water on to boil.
2. Peel, deseed and chop the vegetables into chunky bite size pieces.
3. Mix in a bowl with salt, pepper and oil.
4. Spread evenly over a baking tray and roast in the oven for 20-25 minutes.
5. Add the pasta and cook for 10 minutes until 'al dente'. Drain in a colander.
6. Place the butter, milk and flour into a cold pan. Place on the hob and bring to the boil, whisking constantly.
7. Remove the sauce from the heat and whisk in the cheese.
8. Mix the cooked pasta, vegetables in an oven proof dish.
9. Pour over the sauce and sprinkle with a little cheese.
10. Grill until golden brown.