



Smokin' Chilli Enchiladas

INGREDIENTS

- Approx. 250g minced beef/turkey or
- Quorn
- 1 Onion
- 1 Pepper
- 1 Tin chopped tomatoes
- 2 tbsp. tomato puree
- 1 stock cube
- 1 clove garlic
- 4 soft tortillas
- 100g cheddar cheese
- Tin of red kidney beans

Oven proof dish!

Optional:

- Fresh chillies or chilli powder,
- 2tsp of paprika
- Fresh herbs
- mushrooms

KEY NUTRIENTS

- ⇒ Protein
- ⇒ Carbohydrate
- ⇒ Fat
- ⇒ Vitamins A, B, C and D
- ⇒ Iron
- ⇒ Fibre

METHOD

1. Prepare all of the vegetables, finely chop onion and dice peppers etc.
2. Heat 1 tbsp. oil in your sauce pan and add your onions and meat. Keep stirring using your wooden spoon until the mince is browned.
- Remember to put meat packaging straight in the bin and wash your hands!*
3. Add the garlic and remaining vegetables
4. Add the tinned tomatoes, tomato puree and red kidney beans and reduce the heat to a gentle simmer.
5. Add your stock cube and spices and stir well.
6. Now start your washing up and clean surfaces down.
7. Grate the cheese ready for the topping
8. Place your tortilla wraps on a clean surface or plate. Place a large spoonful of the sauce onto the wrap, fold the ends over and roll up. Place them neatly in your oven proof dish. Pour the remaining sauce around and on top of the tortillas in your oven proof dish.
9. Sprinkle on the cheese.

When you get home. Bake on gas mark 5 or 180 degrees for 25 –30 minutes until the filling is piping hot!

EQUIPMENT NEEDED

- ◇ Oven proof dish
- ◇ Sharp knife
- ◇ Red and green chopping board
- ◇ Large pan
- ◇ Wooden spoon
- ◇ Cheese grater

PRACTICAL SKILLS

- ◇ Knife skills (bridge and claw)
- ◇ Using the hob safely
- ◇ Food presentation
- ◇ Frying
- ◇ Simmering
- ◇ Grating

HYGIENE & SAFETY TIPS

Wash your hands with warm soapy water before you begin and always

immediately after handling raw meat.

Never switch pans on that are empty. Don't leave pans unattended.

Check meat is cooked thoroughly and no pink remains.



Veggie Pizza

MAKES 1 PIZZAS/ SERVES 2

INGREDIENTS

For the base

- 150g strong bread flour
- 1 sachet instant yeast
- 1/2 tsp salt and sugar
- 1 tbsp. olive oil
- 150ml warm water

For the pizza sauce

- 50 ml passata or 2 tbsp. tomato puree
- 1 small clove garlic
- 1/2 tsp herbs fresh or dried

Toppings choose from..

- Cheddar or mozzarella
- Red onion
- Cooked ham/chicken or chorizo
- Mushrooms
- Peppers
- Jalapeños
- Pineapple
- Sweetcorn

KEY NUTRIENTS

- ⇒ Protein
- ⇒ Carbohydrates
- ⇒ Fat
- ⇒ Iron
- ⇒ Calcium
- ⇒ Vitamin A & B

METHOD

1. Preheat oven to 200c or gas mark 6.
2. To make the pizza dough. Mix your flour, sugar, salt and yeast into a large mixing bowl.
3. Make a well in the middle and pour in approximately 150ml of warm water (not hot as this will kill the yeast.)
4. Add the oil and mix with a wooden spoon until you have a soft, fairly wet dough.
5. Lightly flour the work top and tip the dough out. Knead using your hands for 5-10 minutes until the dough is smooth and stretchy.
6. Put the dough back into the bowl and leave it to rise. Cover the bowl with cling film or a tea towel.
7. Whilst your dough is rising, make the pizza sauce. Mix together passata, tomato puree and crushed garlic & a pinch of herbs.
8. Chop and prepare all of your pizza toppings.
9. Now give your dough a quick knead. Roll out the pizza base on a floured surface with a rolling pin, it needs to be thin as it will rise in the oven. Rub flour on the rolling pin to prevent it from sticking!
10. Put the base on a greased baking tray. Smooth over the sauce and sprinkle with cheese and toppings. Bake for 10-15 minutes.

EQUIPMENT NEEDED

- ◇ Sharp knife & green Chopping board
- ◇ Large mixing bowl
- ◇ Measuring jug
- ◇ Large baking tray

PRACTICAL SKILLS

- ◇ Knife skills (bridge and claw)
- ◇ Kneading
- ◇ Grating
- ◇ Measuring

HYGIENE & SAFETY TIPS

Wash your hands with warm soapy water before you begin .

Use oven gloves when putting trays in and out of the oven

Check work tops and equipment are clean.

Any dairy/meat is stored in the fridge.

Focaccia



EQUIPMENT NEEDED

- ◇ Large mixing bowl
- ◇ Measuring jug
- ◇ Large baking tray
- ◇ Oil
- ◇ Flour shaker
- ◇ Rolling pin

PRACTICAL SKILLS

- ◇ Kneading
- ◇ Weighing
- ◇ Measuring
- ◇ Mixing
- ◇ Baking

HYGIENE & SAFETY TIPS

- ⇒ Wash your hands with warm soapy water before you begin .
- ⇒ Check gas ovens are lit correctly
- ⇒ Use oven gloves when putting trays in and out of the oven
- ⇒ Check work tops and equipment are clean.

INGREDIENTS

For the base

- 500g strong bread flour
- 1 sachet instant yeast
- 1/2 tsp salt
- 140ml olive oil
- 360ml warm water

Toppings choose from..

- Cheddar, feta or mozzarella
- Red onion
- Garlic
- Fresh rosemary
- Sea Salt
- Sundried tomatoes
- Butter

KEY NUTRIENTS

- ⇒ Carbohydrates
- ⇒ Fat

Add vegetables to your focaccia for more vitamins and fibre!

METHOD

1. Preheat oven to 200c or gas mark 6. To make the dough. Mix your flour, salt and yeast into a large mixing bowl.
2. Make a well in the middle and pour in approximately 3/4 of the water and the oil. Use warm water (not hot as this will kill the yeast)
3. Mix with a wooden spoon and continue to add water until you have a soft, fairly wet dough. You might not need to add it all. But you want the dough to be very soft.
4. Lightly flour the work top and tip the dough out. Knead using your hands for 5-10 minutes until the dough is smooth and stretchy. Try not to keep adding flour it's supposed to have a wet, sticky consistency.
5. Put the dough back into the bowl and leave it to rise. Cover the bowl with cling film or a tea towel.
6. Whilst your dough is rising, prepare your toppings. E.g fry off your onions on a very gentle heat in a small spoon of butter to caramelise them.. grate cheese.
7. Now gently lift your dough out onto the worktop, Roll out to a thick pizza base shape on a floured surface with a rolling pin. Don't over knead it as you will lose air.
8. Put the base on a greased baking tray. Push the toppings in with your fingers making deep dimples and drizzle a little oil on top.
9. Let it rise for another 10 minutes and then bake for 15 minutes until it makes a hollow sound when you tap underneath.

Sausage or Chicken Pasta

Serves 4

INGREDIENTS

- ◆ 1 onion
- ◆ 1 clove garlic
- ◆ 1 tin of tomatoes and/ or carton of passata
- ◆ 2 tbsp. tomato puree
- ◆ 1 stock cube
- ◆ Sausages or chicken
- ◆ 300g pasta (4 people)

METHOD

1. Boil a pan of water and add pasta when boiling. (pasta takes 12 minutes to cook).
2. Chop the vegetables on your green/white chopping board.
3. Add the onion to your pan with a splash of oil but don't switch it on just yet.
4. On a red chopping board chop your sausages/ chicken into chunks. Make sure you put the meat packaging in the bin and wash your hands after.

****For sausage pasta instead of chopping the sausages you could squeeze the sausage meat out of the skins straight into the pan depending on the overall texture you prefer.****

5. Stir the meat and onion well and fry until cooked/ browned.
 6. Add crushed garlic and stir in.
 7. Add any other vegetables such as a carrot/pepper and continue to fry for a few more minutes until they soften.
 8. Now add your tinned tomatoes and tomato puree or passata.
 9. Crumble your stock cube into the pan and add any other seasoning. E.g. salt, herbs.
 10. Let the sauce simmer for another 10 minutes. If it starts to become very thick add a little water.
- Check meat is cooked through by cutting a piece open to check the colour inside (no pink).



EQUIPMENT NEEDED

- ◇ Sharp knife
- ◇ green & red chopping board
- ◇ Sauce pan
- ◇ Wooden spoon
- ◇ Garlic crusher
- ◇ Colander

PRACTICAL SKILLS

- ◇ Knife skills (bridge and claw)
- ◇ Simmering
- ◇ Frying
- ◇ Chopping
- ◇ Boiling

Other ingredients.. choose from

- ◆ Mushrooms
- ◆ Carrot
- ◆ Pepper
- ◆ Fresh/dried herbs

KEY NUTRIENTS

- ⇒ Protein
- ⇒ Vitamin C
- ⇒ Fat
- ⇒ Iron

HYGIENE & SAFETY TIPS

Wash your hands with warm soapy water before you begin and after touching meat

Check work tops and equipment are clean.

Any meat is stored in the fridge.

Gas hobs lit correctly/ don't switch pans on that are empty

Shepherd's Pie

Serves 4-6

INGREDIENTS

- ◇ 350g mince beef or lamb or Quorn
- ◇ 1 onion
- ◇ 2 carrots
- ◇ 1 beef stock cube or stock pot
- ◇ 6 large potatoes
- ◇ 3 tbsp. milk
- ◇ 25g butter
- ◇ 1 tbsp gravy granules/ bisto
- ◇ OVEN PROOF DISH
- Optional:
 - ◇ 2 tbsp. Worcester-shire sauce
 - ◇ 2 tbsp. tomato puree
 - ◇ Bay leaf
 - ◇

KEY NUTRIENTS

- ⇒ Protein
- ⇒ Vitamin C
- ⇒ Fat
- ⇒ Iron

METHOD

1. Peel and chop your potatoes into quarters.
2. Place them in a pan of water ensuring the potatoes are covered by the water and bring to the boil. (should take 20 mins to cook.)
3. Whilst the potatoes are boiling. Chop the vegetables on your green/white chopping board.
4. Add the onion to your pan with a splash of oil and switch onto a medium heat.
5. Add the meat. Make sure you put the meat packaging in the bin and wash your hands.
6. Stir the meat well. Bash it up with your wooden spoon to break it down into small pieces and fry until brown. Quorn does not take as long to cook so this can be added later.
7. Add the carrots and fry until slightly soft.
8. Add your stock cube, gravy granules and approx. 400 ml water. Mix well.
9. Add in any seasoning or (if adding) your Worcester sauce and tomato puree.
10. Let it simmer for 20 minutes or so. Stir often.
11. When the potatoes are ready, drain and mash adding the butter and milk to soften.
12. Put the mince mixture in your oven proof dish and spread the creamy mash over the top. Ruffle with a fork. **Bake AT HOME for 30-35 minutes until hot.**



EQUIPMENT NEEDED

- ◇ Sharp knife
- ◇ green chopping board
- ◇ 2 x Sauce pan
- ◇ Wooden spoon
- ◇ Potato masher
- ◇ Colander

PRACTICAL SKILLS

- ◇ Knife skills (bridge and claw)
- ◇ Peeling
- ◇ Simmering
- ◇ Chopping
- ◇ Measuring
- ◇ Mashing

HYGIENE & SAFETY TIPS

Wash your hands with warm soapy water before you begin and after touching meat.

Check work tops and equipment are clean.

Any meat is stored in the fridge.

Gas hobs lit correctly/ don't switch pans on that are empty.

Sausage Plait



INGREDIENTS

- ◇ 1 packet of puff pastry
- ◇ 1 packet of sausages or sausage meat
- ◇ 1 onion
- ◇ 1 tbsp herbs or a handful of fresh herbs
- ◇ 1 egg

Other ingredient ideas (Optional)..

- ◇ Breadcrumbs
- ◇ Sundried tomato paste
- ◇ Boiled eggs
- ◇ Grated apple
- ◇ Grated cheese
- ◇ Tomato puree/ ketchup

METHOD

1. Preheat oven to 200 c or gas mark 6
2. Grease a flat baking tray.
3. Chop and prepare any fillings e.g onion/grate cheese.
4. Crack and beat your egg into a jug.
5. Skin the sausages on a red chopping board and put the meat into a bowl.
6. Add any other flavourings to your sausage meat and mix well.
Make sure you put the meat packaging in the bin and wash your hands after handling.
7. Sprinkle some flour on your worktop and roll out the pastry into a rectangle. Flour the rolling pin too!
8. Spoon the filling down the middle in a large sausage shape.
9. Using a sharp knife make diagonal slits down both sides of the pastry.
10. Brush down the sides of the pastry with the beaten egg using a pastry brush. Fold the bottom and top edge of the pastry up over the sausage and then take a piece of pastry from each side/alternating like a plait and fold it over the meat.
10. Brush the top with more egg to glaze. **Wash hands!**
Bake for 35-40 minutes until the pastry is golden.

EQUIPMENT NEEDED

- ◇ Sharp knife
- ◇ green chopping board
- ◇ Sauce pan
- ◇ Wooden spoon
- ◇ Garlic crusher

PRACTICAL SKILLS

- ◇ Glazing
- ◇ Mixing
- ◇ Baking
- ◇ Timing
- ◇ Decorating

HYGIENE & SAFETY TIPS

- ⇒ Wash your hands with warm soapy water before you begin and after touching meat.
- ⇒ Use red chopping board for meat.
- ⇒ Check work tops and equipment are clean.
- ⇒ Any meat is stored in the fridge.
- ⇒ Gas ovens lit correctly.

KEY NUTRIENTS

- ⇒ Protein
- ⇒ Carbohydrate
- ⇒ Fat



Chicken and Leek Pie

Serves 4—6

INGREDIENTS

- 3-4 chicken breast fillets, cubed
- 2 medium leeks
- 15g butter
- 1 tablespoon plain flour
- 750ml milk
- 1 chicken stock cube
- salt and pepper, to taste
- 1 block of puff pastry,
- 1 egg

Oven proof dish/ pie dish

Optional:

- Bacon or cooked ham
- Fresh/dried herbs
- Mushrooms

KEY NUTRIENTS

- ⇒ Protein
- ⇒ Carbohydrate
- ⇒ Fat

METHOD

1. Preheat oven to 200C /gas mark 6. Chop the chicken on red chopping board into chunks. Wash hands!
2. Wash and finely slice the leeks on a separate board.
3. Heat 1 tablespoon oil in a sauce pan until hot. Cook chicken until white/ light golden brown and add the leeks. Continue to fry until the leeks soften. Put the chicken and leeks on a plate/bowl to one side.
3. Using the same pan as before, add your butter and melt it on the hob. Reduce the heat to low and stir in the flour to create a smooth paste. Keep stirring with a wooden spoon
4. Gradually add the milk, stirring continuously until the sauce thickens. Turn the heat back up once you've added all the milk.
5. When the sauce is creamy add the chicken and leeks back in. Crumble the stock cube or stock pot in and stir until dissolved. Season with salt & pepper. Let it cook gently for another 10 minutes stirring often.
6. Meanwhile, lightly flour a clean work top and rolling pin and roll out the pastry to the thickness of a pound coin. Beat egg in a jug ready for glazing.
7. Tip the pie filling into your dish and let it cool slightly before arranging the pastry over the top. Trim off any excess and crimp the edges with a fork. Glaze with egg.
Bake for 15 to 20 minutes or until pastry is puffy and golden.

EQUIPMENT NEEDED

- ◇ Sharp knife / fork
- ◇ Red and green chopping board
- ◇ Sauce pan
- ◇ Wooden spoon
- ◇ Rolling pin
- ◇ Pie dish

PRACTICAL SKILLS

- ◇ Glazing
- ◇ Knife skills
- ◇ Baking
- ◇ Timing
- ◇ Rolling
- ◇ Sauce making

HYGIENE & SAFETY TIPS

- ⇒ Wash your hands with warm soapy water before you begin and after touching meat.
- ⇒ Use red chopping board for meat.
- ⇒ Check work tops and equipment are clean.
- ⇒ Any meat is stored in the fridge.
- ⇒ Gas ovens lit correctly.

Chicken Bake

Serves 5—6

INGREDIENTS

- ◇ 3-4 Large potatoes
- ◇ 1 clove garlic
- ◇ 300g chicken
- ◇ 1 onion
- ◇ 100g frozen peas or spinach
- ◇ 1 chicken stock cube or stock pot

For the sauce:

- ◇ 50g flour
- ◇ 50g butter plus one extra tbsp. of butter for the potatoes.
- ◇ 1 pint of milk

****Bring an oven proof dish****

METHOD

1. Put a large pan of water onto boil.
2. Peel your potatoes and slice thinly. Add them to the water and boil for 8-10 minutes until slightly soft.
3. Chop the onion and chicken - Wash hands!
4. Heat 1 tablespoon oil in a sauce pan until hot. Cook chicken and onion until the chicken is white.
5. Add crushed garlic to the chicken pan and stir in.
6. When potatoes are ready- drain them in a colander and add the tablespoon of butter. Gently toss to cover the potatoes in the butter.
7. Add the rest of your butter 50g to the chicken pan and melt it on the hob. Reduce the heat to low and stir in the flour to create a smooth paste. Keep stirring with a wooden spoon
8. Gradually add the milk, stirring continuously until the sauce thickens. Turn the heat back up slightly once you've added all the milk.
9. When the sauce is creamy crumble the stock cube or stock pot in and stir until dissolved. Season with salt & pepper.
10. Add the peas or spinach to the chicken sauce and stir well. Let it cook through on a gentle heat. Keep stirring occasionally. (8 mins)
11. Arrange the chicken filling in your dish with a thin layer of the potatoes on the bottom of the dish and the rest on the top of the filling.

Bake at home 200c for 40 minutes until piping hot.



EQUIPMENT NEEDED

- ◇ Sharp knife / fork
- ◇ Red and green chopping board
- ◇ Sauce pan
- ◇ Wooden spoon
- ◇ Pie dish

PRACTICAL SKILLS

- ◇ Knife skills
- ◇ Baking
- ◇ Timing
- ◇ Sauce making
- ◇ Peeling

HYGIENE & SAFETY TIPS

- ⇒ Wash your hands with warm soapy water before you begin and after touching meat.
- ⇒ Use red chopping board for meat.
- ⇒ Check work tops and equipment are clean.
- ⇒ Any meat is stored in the fridge.
- ⇒ Gas ovens lit correctly.

KEY NUTRIENTS

- ⇒ Protein
- ⇒ Vitamin B
- ⇒ Vitamin C
- ⇒ Carbohydrate
- ⇒ Fat
- ⇒ Calcium



Lasagne

Serves 4-6

INGREDIENTS

Meat Sauce

- ◆ Minced beef, or turkey or Quorn or extra veg!
- ◆ 1 onion
- ◆ 1 clove garlic
- ◆ 1 tin of tomatoes and/or carton of passata
- ◆ 3 tbsp. tomato puree
- ◆ 1 stock cube
- ◆ 8 Lasagne sheets
- ◆ Other ingredients choose from...Mushrooms, Carrot, Pepper, basil, parsley, spinach, courgette etc.

Cheese sauce:

- ◆ 1 pint milk,
- ◆ 50g flour,
- ◆ 50g butter,
- ◆ 200g cheese

OVEN PROOF DISH

METHOD

1. Chop the vegetables on your green/white chopping board.
2. Add the onion and meat to your pan with a splash of oil and switch onto a medium heat.
3. Stir the meat well. Bash it up with your wooden spoon to break it down into small pieces and fry until brown. Quorn does not take as long to cook so this can be added after the onion is cooked.
4. Add crushed garlic and stir in. Add any other vegetables and continue to fry for a few more minutes until they soften.
5. Now add your tinned tomatoes and tomato puree or passata. Add 1/4 of the tin filled with water. Crumble your stock cube into the pan and add any other seasoning. E.g. salt, herbs. Leave to simmer.

To make the cheese Sauce: Grate the cheese and measure out the milk, flour and butter.

1. In a separate pan, gently melt the butter. Tip the flour in and switch the heat off. Mix the flour and butter into a paste. (roux)
2. With the heat still off, gradually add and stir the milk in a little at a time until it is smooth. It will look runny – don't worry it will thicken up when you heat it back up.
3. Switch the heat back on and bring the pan to a boil. Keep stirring to prevent it going lumpy– if it looks lumpy. Beat with a hand whisk. Now stir in the cheese and turn off.

Layer the lasagne up in your oven proof dish. Top layer- cheese sauce. Bake at home for 40 mins 200c /gas mark 6

EQUIPMENT NEEDED

- ◆ Sharp knife
- ◆ Green chopping board
- ◆ 2 Sauce pans
- ◆ Wooden spoon
- ◆ Garlic crusher
- ◆ Oven proof dish
- ◆ Cheese grater

PRACTICAL SKILLS

- ◆ Knife skills (bridge and claw)
- ◆ Simmering
- ◆ Chopping
- ◆ Measuring
- ◆ Sauce making

HYGIENE & SAFETY TIPS

Wash your hands with warm soapy water before you begin and after touching meat.

Check work tops and equipment are clean.

Any meat is stored in the fridge.

Gas hobs lit correctly/ don't switch pans on that are empty.

KEY NUTRIENTS

- ⇒ Protein
- ⇒ Vitamin C
- ⇒ Fat
- ⇒ Iron
- ⇒ Carbohydrates
- ⇒ Fibre



Toad In The Hole

Serves 4-6

METHOD

INGREDIENTS

- ◇ 1 pack of sausages
- ◇ 380ml milk
- ◇ 160g plain flour
- ◇ 4 eggs
- ◇ Mixed herbs (optional) 1 tsp.

Bring an oven proof tray/
roasting tin

1. Heat oven to 220C/200C fan/gas 7.
2. Put the sausages in the roasting tin with 1 tbsp. oil, then bake for 15 mins until browned. Wash hands after handling sausages.
3. Meanwhile, make up the batter mix. Sieve the plain flour into a bowl with ½ tsp salt,
4. In a separate jug, beat your milk and eggs with a fork.
5. Make a well in the middle of the flour and gradually start adding the milk/eggs. Use an electric whisk or hand whisk to mix it together until you have a smooth batter. Mix in a pinch of herbs and leave to stand until the sausages are nice and brown.
6. Remove the sausages from the oven – be careful because the fat will be sizzling hot. Use oven gloves!
7. Pour in the batter mix around the sausages so you can still see the sausages poking up out of the batter. Transfer to the top shelf of the oven, then cook for 25-30 mins, until risen and golden.

***Do NOT open the door for at least 20 minutes as this will cause the batter to sink.**

Tip: If you have left over batter make some Yorkshire puddings and freeze them for your next roast dinner!

At home: Serve with gravy and your favourite veg.

EQUIPMENT NEEDED

- ◇ Whisk
- ◇ Measuring jug
- ◇ Mixing bowl
- ◇ Sieve Oven proof dish
- ◇ Fork

PRACTICAL SKILLS

- ◇ Whisking
- ◇ Measuring
- ◇ Baking

HYGIENE & SAFETY TIPS

Wash your hands with warm soapy water before you begin and after touching meat

Any meat is stored in the fridge.

Gas hobs lit correctly/ don't switch pans on that are empty

Use oven gloves

KEY NUTRIENTS

- ⇒ Protein
- ⇒ Fat
- ⇒ Carbohydrates

Mini Apple Pies



INGREDIENTS

For the pastry

- 375g plain flour
- 250g butter
- 125g caster sugar, plus extra for sprinkling
- 1 medium egg

METHOD

1. Preheat the oven to 200C/400F/Gas 6.
2. To make the sweet pastry, rub the flour, butter and sugar together with your fingers until it looks like bread-crumbs.
3. Add the beaten egg with a splash of cold water until it just comes together as a dough. Do not over work the dough. Wrap the pastry in cling film and set aside to chill in the fridge while you make the filling.
4. Peel and chop the apples into very small pieces. Stir them with the orange juice, sugar and spice e.g cinnamon.
5. Divide your pastry into 2. Roll out on a lightly floured work surface with your rolling pin. Cut out the bottoms using a pastry cutter and carefully place these in the muffin tin. Spoon in the prepared apple filling.
6. Roll out the rest of the pastry and cut out slightly smaller rounds for the tops. Alternatively cut the pastry in thin strips to create a lattice effect on the top.
7. Bake for 20-25 minutes until light golden brown. Sprinkle a little extra sugar on top or dust with icing sugar if you like.

EQUIPMENT NEEDED

- ◇ Mixing bowl
- ◇ Sieve
- ◇ Lined cake tins
- ◇ Baking tray
- ◇ Measuring jug
- ◇ Wooden spoon

PRACTICAL SKILLS

- ◇ Sieving
- ◇ Measuring
- ◇ Creaming
- ◇ Baking
- ◇ Decorating
- ◇ Grating

For the filling:

- 3 large apples
- 1 x orange
- 1 teaspoon mixed spice or cinnamon
- 3 tablespoons sugar

KEY NUTRIENTS

- ⇒ Vitamin C
- ⇒ Fibre
- ⇒ Carbohydrates starch and sugar
- ⇒ Fat

HYGIENE & SAFETY TIPS

Wash your hands with warm soapy water before you begin.

Check gas ovens are lit correctly. Use oven gloves!

Celebration Cupcakes

Makes 12 big cupcakes

INGREDIENTS

- 110g self raising flour
- 110g butter or margarine
- 110g caster sugar
- 2 eggs

Buttercream

300g icing sugar
150g butter
3 tbsp. milk or water
1 tsp vanilla extract & food colouring *optional*

12-large cupcake cases

For chocolate cupcakes substitute 25g flour for cocoa powder

KEY NUTRIENTS

- ⇒ Carbohydrates starch and sugar
- ⇒ Fat

To be enjoyed as part of a healthy lifestyle as an occasional treat!

METHOD

1. Heat oven to 180 degrees/ gas mark 5. Line a tin with your cupcakes cases.
2. Cream or whisk the butter and sugar until soft using a wooden spoon/electric whisk.
3. Crack and whisk the 2 eggs in a jug with a mix with a fork. Add the beaten eggs a bit at a time to the butter mixture and beat in.
4. Sieve in your flour and mix well until smooth. Add a drop of vanilla extract if you like (or cocoa powder).
5. Divide the mixture evenly between your bun cases using 2 metal spoons. Fill them around 2/3rds full so they have space to rise.
6. Bake the buns for 10-15 minutes until risen and light golden brown.
7. You can check the buns by sticking a skewer or clean knife in to see if it comes out clean or with runny mixture on. Alternatively lightly press your finger on the top. If cooked it should spring back.
8. To make the buttercream, whisk or beat 150g softened butter until super soft then sieve in 300g icing sugar
9. Add 1 tsp vanilla, and 2-3 tbsp milk. Add a few drops of food colouring if you like. Beat or whisk mixture until you have a soft smooth buttercream.
10. When the cakes are **completely cooled** pipe on your icing or spread and decorate using a knife.



EQUIPMENT NEEDED

- ◇ Mixing bowl
- ◇ Sieve
- ◇ Cake/muffin tin
- ◇ Wooden spoon
- ◇ Piping bag

PRACTICAL SKILLS

- ◇ Sieving
- ◇ Measuring
- ◇ Creaming
- ◇ Baking
- ◇ Decorating

HYGIENE & SAFETY TIPS

- Wash your hands with warm soapy water before you begin.
- Any dairy should be stored in the fridge.
- Check gas ovens are lit correctly. Use oven gloves!

Chocolate Chip Cookies



EQUIPMENT NEEDED

- ◇ Mixing bowl
- ◇ Sauce pan
- ◇ Wooden spoon
- ◇ Metal spoon
- ◇ Tray

PRACTICAL SKILLS

- ◇ Melting
- ◇ Measuring
- ◇ Mixing
- ◇ Temperature control

HYGIENE & SAFETY TIPS

- Wash your hands with warm soapy water before you begin.
- Check gas hobs are lit correctly.
- Use oven gloves

INGREDIENTS

- ◇ 100g soft margarine
- ◇ 75g caster sugar
- ◇ 175g self raising flour
- ◇ 100g choc chips or a bar of chocolate
- ◇ 2 tablespoons syrup

A container to take home in

METHOD

1. Preheat oven to 180c / gas mark 5.
2. Wash hands and get equipment ready.
3. Grease and line 2 large baking trays.
4. Cream your butter and sugar until soft using a wooden spoon.
5. Add the syrup and mix well.
6. Mix in the choc chips.
7. Add your flour and mix well into a fairly stiff dough.
8. Use your hands to shape into small rounds and space out on the 2 trays.
(They will spread out when baking.)
9. Bake for 8-10 minutes until light golden brown. The cookies will still feel quite soft. They will firm up and go crispy when they have cooled down.
10. Leave to cool on the tray for a few minutes before carefully lifting onto a cooling rack using a palette knife.

KEY NUTRIENTS

- ⇒ Carbohydrates starch and sugar
- ⇒ Fat

To be enjoyed as part of a healthy lifestyle as an occasional treat!

Millionaire's Shortbread



EQUIPMENT NEEDED

Mixing bowl
Wooden spoon
Pan
Baking tin
Sieve
Glass bowl

PRACTICAL SKILLS

◇ Measuring
◇ Melting
◇ Creaming
◇ Baking
◇ Mixing

HYGIENE & SAFETY TIPS

Wash your hands with warm soapy water before you begin.

Check gas ovens are lit correctly. Use oven gloves when taking tray in and out of the oven.

INGREDIENTS

Shortbread Ingredients

- 200 g Unsalted Butter
- 100 g Caster Sugar
- 275 g Plain Flour

Caramel Ingredients

- 200 g Unsalted Butter
- 3 tbsp Caster Sugar
- 4 tbsp Golden Syrup
- 397 g Condensed

Decoration

- 200 g Milk Chocolate
- 100 g White Chocolate

KEY NUTRIENTS

⇒ Carbohydrates
Sugar

⇒ Fat

To be enjoyed as part of a healthy lifestyle as an occasional treat!

METHOD

1. Preheat your oven to 180C/160C Fan, and line a 9x9inch Deep Square Tin with Parchment Paper.

2. Cream together the sugar and butter with a wooden spoon and then mix in the flour until a dough is formed.

3. Firmly press the mixture into the bottom of a greased tin and bake in the oven for 20-25 minutes until pale golden on top! Once baked, remove from the oven and leave to the side to cool.

4. In a large saucepan pour the condensed milk, butter, sugar, and golden syrup and melt on a medium heat until the sugar has dissolved – stir frequently to stop anything from catching.

5. Once the sugar has dissolved, turn the heat up high and let the mixture come to boiling point and boil for 5-7 minutes stirring constantly so that the mixture doesn't catch. BE CAREFUL as the mixture is VERY hot and can burn you if it splashes back! The mixture will be ready when it has changed to a slightly darker golden colour, and has thickened to a soft fudge texture.

6. Pour the caramel onto the shortbread base and leave to set.

7. Once set, melt the milk chocolate in a glass bowl over a pan of water and pour over the caramel – melt the white chocolate and pour over too - swirl it into the milk chocolate with the end of a cake skewer so it forms a pretty pattern.

Chill the Shortbread back in the fridge for another hour until the Chocolate has gone hard. Chop your Shortbread into the separate pieces and enjoy!

Chocolate Brownies



EQUIPMENT NEEDED

Mixing bowl

Sieve

Lined 20cm square tin

Electric whisk

Wooden spoon

Pan

PRACTICAL SKILLS

◇ Sieving

◇ Measuring

◇ Whisking

◇ Folding

◇ Baking

HYGIENE & SAFETY TIPS

Wash your hands with warm soapy water before you begin.

Any dairy should be stored in the fridge.

Check gas ovens are lit correctly. Use oven gloves when taking brownies in and out of the oven.

INGREDIENTS

- 200g dark chocolate
- 75g plain flour
- 250g caster sugar or soft brown sugar
- 175g butter
- 3 eggs

Optional flavourings:

- White chocolate chunks
- Raspberries
- Walnuts
- Cherries
- Caramel

KEY NUTRIENTS

- ⇒ Carbohydrates
Sugar 25.4% of GDA per serving
- ⇒ Fat 22.9% of GDA per serving

To be enjoyed as part of a healthy lifestyle as an occasional treat!

METHOD

1. Heat oven to 180 degrees/ gas mark 5 and grease and line your brownie tin. Remember to grease the top side of the paper too!
2. Melt the chocolate and butter. This can be done in a sauce pan on a very low heat. You must stir it and remove the pan from the heat as soon as the chocolate is melted to prevent it from burning. Alternatively place the chocolate in a glass bowl over a pan of simmering water.
3. In a clean glass bowl crack and whisk the 3 eggs together with the sugar using an electric whisk. Do this until the mixture becomes very thick and creamy.
4. Now gently sieve your flour into the egg mixture.
5. Now add the melted butter and chocolate.
6. Gently fold all the ingredients together using the folding technique with a large metal spoon. Do not beat the mixture as this will cause it to lose air. Carefully fold in any other ingredients e.g choc chips.
7. Pour the brownie mixture into your tin and bake for 30-40 minutes. The top should be crusty with a very slight wobble underneath. The brownie will firm up when it has cooled down.
8. Let the brownie cool in the tin before cutting into squares.

Festive Yule Log



EQUIPMENT NEEDED

- ◇ Mixing bowl
- ◇ Sieve
- ◇ Wooden spoon
- ◇ Whisk
- ◇ Decorations
- ◇ Knife

PRACTICAL SKILLS

- ◇ Sieving
- ◇ Measuring
- ◇ Creaming
- ◇ Whisking
- ◇ Decorating

HYGIENE & SAFETY TIPS

- Wash your hands with warm soapy water before you begin.
- Any dairy should be stored in the fridge.
- Wash all equipment thoroughly.
- Check gas ovens lot correctly
- Use oven gloves.

INGREDIENTS

Sponge

- ◇ 4 eggs
- ◇ 100g caster sugar
- ◇ 65g self raising flour
- ◇ 40g cocoa

Icing

- ◇ 300 ml double cream
- ◇ 4 tbsp. apricot jam (optional)
- ◇ 1 tbsp. icing sugar
- ◇ 275g dark chocolate

Decorations

KEY NUTRIENTS

- ⇒ Carbohydrates
starch and sugar
- ⇒ Fat

To be enjoyed as part of a healthy lifestyle as an occasional treat!

METHOD

1. **Make the icing first:** Melt the chocolate and 300ml of the cream in a bowl over a pan of simmering water until completely melted. Put into the fridge to cool and firm up (this icing needs to be very thick for piping).

For the sponge:

1. Preheat the oven to 200°C / gas mark 6. Lightly grease a 33 × 23 centimetre Swiss roll tin.

2. Whisk the eggs and sugar using an electric hand whisk in a large bowl until the mixture is pale in colour, light and frothy.

3. Sift the flour and cocoa powder into the bowl and carefully cut and fold together, using a metal spoon, until all the cocoa and flour are incorporated into the egg mixture. (Be careful not to beat any of the air out of the mixture.)

4. Pour into the lined tin and spread evenly out into the corners. Bake in the middle of the preheated oven for eight to 10 minutes.

4. Place a piece of baking parchment bigger than the Swiss roll on the work surface. Tip the cake on to the paper and remove the bottom lining piece of paper.

5. Make a score mark 2.5 centimetre in along the longer edge. Roll up (from the longer edge) using the paper, rolling with the paper inside. **Set aside to cool.**

6. Uncurl the cold Swiss roll . Spread a third of the chocolate icing over the surface and re-roll tightly. Cover the surface of the cake with the melted apricot jam. Put the remaining chocolate icing into a piping bag fitted with a star nozzle. Pipe long thick lines along the cake, covering the cake completely so it looks like the bark of a tree.