

# Thai Green Chicken Curry



SERVES 3- 4

## INGREDIENTS

- Approx. 2-3 chicken breasts or use Quorn/ extra vegetables
- 1 Pepper
- 1 Tin coconut milk
- 1 stock cube
- 1/2 courgette
- 1/2 aubergine
- approx. 1 tbsp Thai curry paste
- 1 tsp sugar

## Optional: (not essential)

- Fresh chillies
- Kaffir lime leaves
- 1 tbsp. fish sauce or soya sauce
- Fresh basil
- Lime juice
- Pinch salt
- Bamboo shoots

## KEY NUTRIENTS

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

## METHOD

1. Dice the chicken on your red chopping board into small pieces. Wash your hands after handling.
2. Open the tin of coconut milk so it is ready and get a metal spoon ready for spooning it out.
3. Heat 1 tbsp. oil in your large sauce pan and add the Thai curry paste (the amount depends on how spicy you like it!) Stir the paste in the oil for 1 minute max on a medium heat. Don't let it burn!
3. Now add the thick/creamy part of the coconut milk to the pan. *Save the rest for later!*
4. Stir well and add the chicken to the pan. Remember to wash your hands after! Leave it to simmer. (You could add kaffir lime leaves at this point too!) Stir occasionally.
5. Now on a green chopping board chop up your vegetables into small bite sized pieces.
6. When the chicken is cooked add the remaining coconut milk (the watery part) let it boil for a few minutes and add in all of your vegetables.
7. Add any remaining seasoning/flavourings you like. e.g fish sauce/lime juice/chillies/salt/sugar / stock cube/ basil leaves.
8. When the vegetables are cooked, transfer cur-ry to your container.

## EQUIPMENT NEEDED

- ◇ Sharp knife
- ◇ Red and green chopping board
- ◇ Large pan
- ◇ Wooden spoon
- ◇ Metal spoon

## PRACTICAL SKILLS

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

## 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.

# 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.



Serves 4

# Spaghetti Carbonara

## INGREDIENTS

- ◆ 1 onion
  - ◆ 1 clove garlic
  - ◆ 1 Tub of cream
  - ◆ 2 eggs
  - ◆ 100g cheese
  - ◆ 1 stock cube
  - ◆ 4 slices bacon or pancetta
  - ◆ 300g spaghetti
- Other ingredients.. choose from
- ◆ Mushrooms
  - ◆ Frozen peas
  - ◆ Tin sweetcorn
  - ◆ Fresh parsley and parmesan

## METHOD

1. Boil a pan of water and add the pasta when boiling (pasta takes 12 minutes to cook). Stir occasionally.
2. Chop the onion on your green/white chopping board.
3. Add the onion to your pan with a splash of oil but don't switch on yet.
4. On a red chopping board- chop your bacon into strips / remove some of the fat. Make sure you put the meat packaging in the bin and wash your hands after.
5. Grate your cheese and leave to one side.
6. Turn the pan on and fry the onion until it has softened, then add the bacon and fry until cooked. Stir with your wooden spoon.
7. Add crushed garlic and stir in.
8. Add any other vegetables such as mushrooms and continue to fry for a few more minutes until they soften. (peas don't take long- you can add these in with your pasta a few minutes before you drain it.)
9. In a jug, crack your eggs and beat well with a fork. Pour in your cream and add the grated cheese. Season (pinch of black pepper).
10. Drain the pasta and add it to the bacon pan.
11. Switch the pan off before adding the egg and cream and stir well to warm the sauce through whilst the pan is still warm.

TIP: Don't keep the heat on as this causes the egg to scramble.

## 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

## 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
- ⇒ Fat
- ⇒ Calcium



# Chilli Con Carne

Serves 4

## INGREDIENTS

- ♦ Minced beef, turkey or Quorn
- ♦ 1 onion
- ♦ 1 pepper
- ♦ 1 clove garlic
- ♦ 1 tin of tomatoes and/or carton of passata
- ♦ 2-3 tbsp. tomato puree
- ♦ 1 stock cube
- ♦ 1 tin red kidney beans
- ♦ 1 tsp paprika
- ♦ 1 tsp chilli powder

Other ideas for ingredients.. choose from

- ♦ Mushrooms
- ♦ Fresh chilli

## KEY NUTRIENTS

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

## METHOD

1. Chop the vegetables on your green/white chopping board.
2. Add the onion to your pan with a splash of oil and switch onto a medium heat.
3. Add the meat. Make sure you put the meat packaging in the bin and wash your hands.
4. 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.
5. Add crushed garlic and stir in.
6. Add any other vegetables and continue to fry for a few more minutes until they soften.
7. Now add your tinned tomatoes and tomato puree or passata.
8. Add 1/4 of the tin filled with water.
9. Crumble your stock cube into the pan and add any other seasoning. E.g. salt, herbs spices. Let it simmer.
10. Drain and rinse the kidney beans and add to the sauce.
11. Let the sauce simmer for another 10 minutes. If it starts to become very thick, loosen the sauce with another splash of water.



## EQUIPMENT NEEDED

- ♦ Sharp knife
- ♦ Green chopping board
- ♦ Sauce pan
- ♦ Wooden spoon
- ♦ Garlic crusher

## PRACTICAL SKILLS

- ♦ Knife skills (bridge and claw)
- ♦ Simmering
- ♦ Chopping
- ♦ Measuring

## 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 Rolls



## 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.

## INGREDIENTS

- 6 good quality sausages or sausage meat
- 1 sheet of puff pastry
- 1 egg

Other flavouring ideas, chutney, mustard, apple sauce, cheese etc.

## Vegetarians:

Cheese and onion etc  
Or Veggie sausages

## KEY NUTRIENTS

- ⇒ Protein
- ⇒ Carbohydrate
- ⇒ Fat

## METHOD

1. Preheat oven to 200 c or gas mark 6
2. Grease a baking tray.
3. Crack and beat your egg into a jug.
4. Skin the sausages on a red chopping board and put the meat into a bowl.
5. 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.*

6. Put some flour on your worktop and roll out the pastry into a rectangle.
  7. Using your hands mould the sausage meat into long sausage shapes across the pastry. Using a sharp knife trim the pastry into long rectangle shapes.
  8. Brush down one edge with the beaten egg using a pastry brush. Fold the pastry over and crimp with a fork to seal it.
  9. Cut your sausage rolls to what ever size you like. Put a few slits across the top using a sharp knife and brush the top with more egg to glaze. **Wash hands!**
- Bake for 25 minutes until the pastry is golden and puffed up. Cut one open to check the sausages are cooked through.

# Pasta Bake

Serves 4-5

## INGREDIENTS

### Cheese sauce:

- ◆ 1 pint milk,
- ◆ 50g flour,
- ◆ 50g butter,
- ◆ 200g cheese
- ◆ 300g dried pasta

Other ideas..

Tuna

Sweetcorn

Cooked ham or

chicken

Tomatoes

Peppers

Onion

Broccoli

TIP: If you're not a fan of pasta you could use this sauce recipe to make broccoli or cauliflower cheese. Just bring a broccoli or cauliflower instead of the pasta!

## KEY NUTRIENTS

- ⇒ Protein
- ⇒ Calcium
- ⇒ Fat
- ⇒ Carbohydrates

## METHOD

1. Place a large pan of water on the hob to boil (around 1/2 full). Wait until the water is bubbling before you add the pasta. The pasta should take around 12 minutes to cook.
2. **To make the cheese Sauce:** Grate the cheese and measure out the milk, flour and butter.
3. In a separate pan, gently melt the butter. Tip the flour in and switch the heat off. Mix the flour and butter into a thick-paste using a wooden spoon.
4. 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.
5. Switch the heat back on and bring the cheese sauce to a boil. You must keep stirring to prevent it going lumpy– if it looks lumpy. Beat with a hand whisk. When the sauce starts to thicken up add your cheese (save a handful of cheese for the top) and stir well.
6. Season the sauce with a pinch of salt and pepper and add any other ingredients to the sauce e.g tuna/sweetcorn.
7. Switch the pan off as soon as the sauce has become creamy– if you leave it too long it will become too thick,
8. When your pasta is ready drain using a colander and mix with the sauce. Pour the pasta and sauce into your oven proof dish (or container) sprinkle with more cheese!
9. Bake at home for 15-120 minutes until the cheese is golden on top.



## EQUIPMENT NEEDED

- ◇ Sharp knife
- ◇ Green chopping board
- ◇ 2 Sauce pans
- ◇ Wooden spoon
- ◇ Oven proof dish
- ◇ Cheese grater
- ◇ Colander

## PRACTICAL SKILLS

- ◇ Knife skills (bridge and claw)
- ◇ Simmering
- ◇ Chopping
- ◇ Measuring
- ◇ Roux sauce making

## HYGIENE & SAFETY TIPS

Wash your hands with warm soapy water before you begin.

Check work tops and equipment are clean.

Any meat is stored in the fridge.

Check gas hobs are lit correctly.

Don't switch pans on that are empty as they will smoke and burn.



# Quick Chicken Curry

Serves 4

## INGREDIENTS

- 2-3 chicken breasts or Quorn pieces
- 1 onion
- 1 pepper
- 1 chicken stock cube
- 2 tsp curry powder or 2 tbsp. curry paste
- 1 tin of tomatoes or coconut milk

## METHOD

1. Finely chop your onion on a green chopping board. Add the onion to your saucepan but don't switch on yet.
2. On your red chopping board chop your chicken into bitesize pieces and add them to the pan. Wash your hands after.
3. Add some oil to the pan and fry the onion and chicken on a medium-high heat until the chicken has mostly turned white. Add *garlic/ginger optional*.
4. Now add the curry paste and stir well.
5. Add the tinned tomatoes or coconut milk and any other vegetables e.g peppers.
6. Mix well with a wooden spoon and reduce heat to a gentle simmer.
7. Crumble in the stock cube and stir well.
9. Wash up whilst the curry cooks.
10. Check your chicken is cooked by cutting it open. No pink!
10. If you're adding cream/yoghurt stir this in and switch the pan off.



## EQUIPMENT NEEDED

- ◇ Sharp knife
- ◇ Green & red chopping board
- ◇ Large sauce pan
- ◇ Wooden spoon
- ◇ Garlic crusher

## PRACTICAL SKILLS

- ◇ Knife skills (bridge and claw)
- ◇ Frying
- ◇ Simmering
- ◇ Measuring
- ◇ Temperature control

Other things you could add...

1-2 cloves garlic  
Coriander  
Fresh chilli  
Fresh ginger  
Chick peas  
Lentils  
Natural yoghurt or cream

## HYGIENE & SAFETY TIPS

Wash your hands with warm soapy water before you begin and after handling chicken .

Any meat is stored in the fridge until ready to use. The curry should be kept in the fridge until ready to eat.

Use separate chopping boards for raw meat to prevent cross contamination.

## KEY NUTRIENTS

- ⇒ Protein
- ⇒ Iron
- ⇒ Vitamin A, C & B
- ⇒ Fibre

# Burgers



## INGREDIENTS

400g mince meat  
e.g beef, turkey,  
pork, lamb  
1 egg

Other things you  
could add...

- ◇ Herbs e.g mint
- ◇ Breadcrumbs
- ◇ Fresh chilli
- ◇ Curry powder or paste
- ◇ Cheese
- ◇ Mozzarella
- ◇ Onion
- ◇ Spices
- ◇ Ketchup

## METHOD

1. Finely chop any burger fillings. e.g grate cheese, dice onion.
2. In your mixing bowl mix the meat, fillings and 1 beaten egg until well combined.
3. On a red chopping board either use your hands or a cutter to shape the burgers. Make sure you wash your hands thoroughly after touching any raw meat!

**To cook:** You can do this in a frying pan or baking tray in the oven or at home on the BBQ.

Check your burger is cooked by cutting it open.  
No pink!

**We suggest only cooking one burger at school and taking the rest home to cook as they will taste nicer when cooked from fresh. You may bring a burger bun and salad if you plan to eat the burger in school!**

4. Stack the uncooked burgers with a piece of greaseproof paper between each one to stop them from sticking together and store in a fridge or freezer until you are ready to cook them.

## EQUIPMENT NEEDED

- ◇ Sharp knife
- ◇ Green & red chopping board
- ◇ Wooden spoon
- ◇ Cutter
- ◇ Fork and jug

## PRACTICAL SKILLS

- ◇ Knife skills (bridge and claw)
- ◇ Frying
- ◇ Mixing
- ◇ Shaping
- ◇ Temperature control

## HYGIENE & SAFETY TIPS

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

Any meat is stored in the fridge until ready to use. The burgers should be kept in the fridge until ready to eat.

Use separate chopping boards for raw meat to prevent cross contamination.

## KEY NUTRIENTS

- ⇒ Protein
- ⇒ Iron
- ⇒ Fat



# Veggie Mexican Bean Burgers



## EQUIPMENT NEEDED

- ◇ Sharp knife
- ◇ Green chopping board
- ◇ Wooden spoon
- ◇ Cutter
- ◇ Fork and jug

## PRACTICAL SKILLS

- ◇ Knife skills (bridge and claw)
- ◇ Frying
- ◇ Mixing
- ◇ Shaping
- ◇ Temperature control

## HYGIENE & SAFETY TIPS

Wash your hands with warm soapy water before you begin.

Any meat is stored in the fridge until ready to use. The burgers should be kept in the fridge until ready to eat.

Use separate chopping boards for raw meat to prevent cross contamination.

## INGREDIENTS

- 2 x 400g/14oz cans kidney beans, rinsed and drained
- 100g bread
- 2 tsp mild chilli powder
- small bunch coriander, stalks and leaves chopped
- 1 egg
- 1 tbsp. fresh salsa

## METHOD

1. Tip the beans into a large bowl, then roughly crush with a potato masher.
2. Blitz the bread in a food processor to make fine breadcrumbs.
3. Add the breadcrumbs, chilli powder, chopped Coriander, 1 egg and 2 tbsp. salsa, Mix together well with a fork.
4. Divide the mixture into 6, then wet your hands and shape into burgers.

Burgers can be grilled, fried or cooked in the oven on a greased baking tray.

Serving suggestion: Serve on a bun with natural yoghurt. Squeeze of lime juice. Top each burger with leaves, avocado, onion, a burger, another dollop of salsa, then serve.

## KEY NUTRIENTS

- ⇒ Protein
- ⇒ Fibre
- ⇒ Carbohydrate

**We suggest only cooking one burger at school and taking the rest home to cook as they will taste nicer when cooked from fresh. You may bring a burger bun and salad if you plan to eat a burger in school!**

# Creamy Chicken Pesto Pasta

**SERVES 4**

## INGREDIENTS

- 300g dried pasta
- 50g Cheddar or mozzarella
- 1 medium red onion
- 2 chicken breasts
- Mushrooms
- 1 x 284ml carton single cream
- 2 tbsp. pesto
- 1 chicken stock cube

Any other vegetables you like eg. Peppers, broccoli spinach, asparagus, green beans

## KEY NUTRIENTS

- ⇒ Protein
- ⇒ Carbohydrates
- ⇒ Fat
- ⇒ Iron
- ⇒ Calcium
- ⇒ Vitamin A
- ⇒ Fibre

## METHOD

1. Fill a large pan with water approx. 1/2 full and turn on to boil....add pasta as soon as the water bubbles and boils!
2. Finely chop all of the vegetables on your green or white chopping board. Keep the onion separate – put it in your pan but don't turn on yet.
3. On your red chopping board, dice the chicken. Put meat packaging in the bin and wash hands when you have finished touching the meat
4. Fry the onion and chicken in 1 tsbp oil until soft and the chicken is mostly cooked through.
5. Add the remaining vegetables to the chicken pan and continue to fry the veg off until they soften. Check your chicken is cooked by cutting a piece open. It should be white/no pink
6. Now add the pesto and cream and stock cube and mix well.
7. Cook for another 5 minutes. Stir often.
8. Drain the pasta over the sink using a colander. Pasta should take 11-12 minutes if the water was boiling when you added it.
9. Stir the cooked pasta and sauce ingredients together with your cheese. Switch the pan off! It's now ready!

## EQUIPMENT NEEDED

Sharp knife  
Chopping boards  
2 large pans  
Cheese grater  
Colander  
Wooden spoon

## PRACTICAL SKILLS

- ◇ Knife skills (bridge and claw)
- ◇ Boiling/simmering
- ◇ Grating
- ◇ Measuring

## HYGIENE & SAFETY TIPS

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

Use separate chopping boards for raw meat and veg.

Any dairy/meat should be stored in the fridge.

Never leave pans unattended

# Rock Buns



Makes 8-12

## INGREDIENTS

- 200g self raising flour
- 100g margarine/ butter
- 85g sugar
- 2 eggs or 1 egg and 2 tbsp. milk
- 1 tsp baking powder (not essential)

Other flavourings you may wish to add..

cherries, chocolate chips, raisins, sultanas, cheese, orange juice and zest/ raspberry jam

## METHOD

1. Heat oven to 220 degrees/ gas mark 6 and grease a large baking tray.
  2. Sieve the flour into a large bowl with your baking powder.
  3. Add the butter to the flour and cut it up into smaller chunks using a knife.
  4. Now using clean hands, use your finger tips to rub the butter and flour together until the mixture resembles breadcrumbs. Be careful not to over mix as this will cause the butter to melt making the mixture doughy and heavy.
  5. Stir in your sugar and any other dried fillings e.g. chocolate chips/sultanas/ orange zest/cheese
  6. Beat the eggs in a jug (either 2 eggs or 1 egg and splash of milk or use some freshly squeezed orange juice!)
  7. Make a well in the flour mixture and gradually start adding your egg, stir it in using a knife until it comes together as a dough–
- TIP: you might not need to use all the liquid so don't pour it all in it at once!!**
7. Spoon rough blobs of the mixture onto your baking tray or use your hands to shape. Leave space for them to rise!
  8. If you are using jam– make a little indent/hole using the end of a wooden spoon in the top of each cake and put 1 tsp jam on top of each one.
  9. Bake for 10-15 minutes until risen and golden.
  10. Lift onto a wire rack and leave to cool.

## EQUIPMENT NEEDED

knife  
Mixing bowl  
Sieve  
Baking tray  
Measuring jug/fork  
Teaspoon

## PRACTICAL SKILLS

- ◇ Rubbing in
- ◇ Sieving
- ◇ Measuring
- ◇ Measuring
- ◇ 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!

## KEY NUTRIENTS

- ⇒ Protein
- ⇒ Carbohydrates starch and sugar
- ⇒ Fat



# Cheesy Scone Bread

Makes 8-12

## INGREDIENTS

- 225g self raising flour
- 200g cheese
- 100g butter/ margarine
- 2 eggs

Fillings of your choice e.g.

- ham
- spring onions
- sundried tomatoes
- sweetcorn
- Grapes
- Onion
- Herbs e.g chives
- Spices e.g paprika
- Olives

## KEY NUTRIENTS

- ⇒ Protein
- ⇒ Carbohydrates starch and sugar
- ⇒ Fat
- ⇒ calcium

## METHOD

1. Heat oven to 220 degrees/ gas mark 6 and grease a large baking tray.
  2. Sieve the flour into a large bowl with your baking powder.
  3. Add the butter to the flour and cut it up into smaller chunks using a knife.
  4. Now using clean hands, use your finger tips to rub the butter and flour together until the mixture resembles breadcrumbs. Be careful not to over mix as this will cause the butter to melt making the mixture doughy and heavy.
  5. Stir in your fillings e.g. grated cheese
  6. Beat the eggs in a jug with a fork.
  7. Make a well in the flour mixture and gradually start adding your egg, stir it in using a knife until it comes together as a dough.
- TIP: you might not need to use all the liquid so don't pour it all in it at once!!**
8. Use your hands to shape into a large thick round and then slice into triangles (think pizza slices).
  9. Leave space for them to rise!
  10. You might want to sprinkle a little extra cheese on top of each one.
  11. Bake for 10-15 minutes until risen and golden.



## EQUIPMENT NEEDED

knife  
Mixing bowl  
Sieve  
Baking tray  
Measuring jug/fork  
Teaspoon  
Cheese grater

## PRACTICAL SKILLS

- ◇ Rubbing in
- ◇ Sieving
- ◇ Measuring
- ◇ Measuring
- ◇ Baking
- ◇ grating

## HYGIENE & SAFETY TIPS

Wash your hands with warm soapy water before you begin.

Any dairy / meat should be stored in the fridge.

Check gas ovens are lit correctly. Use oven gloves!

# Victoria Sandwich Cake



## INGREDIENTS

- 150g self raising flour
- 150g butter or margarine
- 150g caster sugar
- 3 eggs
- Jam

Optional

1 tbsp. icing sugar

## METHOD

1. Heat oven to 180 degrees/ gas mark 5 and grease and line 2 cake tins.
2. Cream the butter and sugar until soft using a wooden spoon.
3. Crack and beat the 3 eggs in a jug with a fork.
4. Add the beaten eggs a bit at a time to the butter mixture and mix in.
5. Sieve in your flour and mix well until smooth. If it is lumpy you could use an electric whisk.
6. Divide the mixture evenly between your 2 cake tins.
7. Bake the cakes on the same oven shelf for 12-15 minutes until risen and light golden brown. You can check by sticking a skewer or clean knife into the cakes 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.

*Don't open the oven door too often as this could cause the cakes to sink!*

8. Carefully go round the edges of the cakes with a knife to loosen them before tipping out onto your cooling rack. Peel off the greaseproof paper.
9. Spread the jam on top and sandwich the cakes together. Dust the top with icing sugar using a sieve. If you want to add buttercream or fresh cream the cakes must be completely cooled to prevent the cream from melting!

## EQUIPMENT NEEDED

- ◇ Mixing bowl
- ◇ Sieve
- ◇ Fork and jug
- ◇ 2 x Lined cake tins
- ◇ Measuring jug
- ◇ Wooden spoon

## PRACTICAL SKILLS

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

To make a lemon cake: add a squeeze of lemon juice to the cake mix and use lemon curd instead of jam.

For a chocolate sponge. Substitute 25g flour for cocoa powder

## KEY NUTRIENTS

- ⇒ Protein
- ⇒ Carbohydrates starch and sugar
- ⇒ Fat

## 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!

# Swiss Roll



## INGREDIENTS

- 75g Self raising flour
- 75g caster sugar
- 3 eggs
- 3 tbsp. Jam
- 1 extra spoonful of caster sugar

## METHOD

1. Heat oven to 180 degrees/ gas mark 5 and grease and line the Swiss roll tin.
2. In a large glass bowl whisk the 3 eggs and 75g sugar until very thick, pale and creamy using an electric whisk.
3. Sieve in your flour and carefully fold in using a large metal spoon. Don't over mix or you will lose all the air!
4. Pour the mixture into the tin and gently spread it so it covers the tray in an even layer. Bake the Swiss for 10 minutes until light golden brown and springy to the touch.
5. Whilst the Swiss roll cooks, wipe down surfaces and lay a fresh sheet of greaseproof paper on your worktop. Sprinkle this with your remaining caster sugar.
6. Stir your jam so it is soft and easy to spread.
7. When the Swiss roll is cooked. Carefully go round the edges with a sharp knife to loosen it before flipping it out onto your prepared sugared paper. (The sugar helps prevent it sticking to the paper!)
8. Spread the jam on top and carefully roll up using the paper to guide it round. Work quickly as if the cake has cooled too much it will crack when rolling.  
If you want to add buttercream or fresh cream the sponge must be completely cooled to prevent the cream from melting! Roll the cake up without any filling whilst it cools to help it keep the shape.

## EQUIPMENT NEEDED

- Mixing bowl
- Sieve
- Fork and jug
- Swiss roll tin
- Electric whisk
- Metal spoon
- knife

## PRACTICAL SKILLS

- ◇ Sieving
- ◇ Folding
- ◇ Rolling
- ◇ Baking
- ◇ Decorating
- ◇ Whisking

**TIP:** For a chocolate sponge. Substitute 25g flour for cocoa powder and use choc spread.

## HYGIENE & SAFETY TIPS

- ⇒ Wash your hands with warm soapy water before you begin.
- ⇒ Check gas ovens are lit correctly. Use oven gloves!
- ⇒ Don't touch the whisk blades when plugged in.

## KEY NUTRIENTS

- ⇒ Protein
- ⇒ Carbohydrates starch and sugar
- ⇒ Fat



# Chocolate and Fruit Muffins



## EQUIPMENT NEEDED

- ◇ Mixing bowl
- ◇ Sieve
- ◇ Muffin tin & cases
- ◇ Measuring jug
- ◇ Fork
- ◇ Wooden spoon
- ◇ masher

## PRACTICAL SKILLS

- ◇ Sieving
- ◇ Measuring
- ◇ Creaming
- ◇ Baking
- ◇ Mixing
- ◇ Timing
- ◇ Mashing

## HYGIENE & SAFETY TIPS

Wash your hands with warm soapy water before you begin.

Check gas ovens are lit correctly.

Use oven gloves when you take tray out of the oven!

## INGREDIENTS

- 225g self raising flour
- 110g caster sugar or soft brown sugar
- 3 tbsp. cocoa powder
- 125ml vegetable oil
- 2 eggs
- Either 3 ripe bananas or approx. 150g fresh or frozen raspberries or blueberries
- Chocolate chips/ or bring a bar of chocolate and chop it up

12 large muffin cases

## KEY NUTRIENTS

- ⇒ Carbohydrates starch and sugar
- ⇒ Fat
- ⇒ Vitamins from the fruit

## METHOD

1. Heat oven to 180 degrees/ gas mark 5 and put bun cases in the muffin tray.
2. Crack and beat the eggs in a jug and mix together with the oil.
3. If you are using bananas peel and mash them up in a large bowl using a fork or potato masher.
4. Sieve in your flour and cocoa and mix well with the sugar. (and bananas if using)
5. Pour the eggs and oil into the flour mixture and combine with your fruit (raspberries etc.)
6. Beat the mixture with a wooden spoon until smooth.
7. Stir in your chocolate chips.
8. Divide the mixture into the cases. About 2/3rds full as they need room to rise.
9. Bake the muffins for around 12-15 minutes. You can check by sticking a skewer or clean knife into the cakes 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.

*Don't open the oven door too often as this could cause the cakes to sink!*

10. Wash up whilst they bake!

Carefully lift the muffins out to cool on your cooling rack.

# Rocky Road



## INGREDIENTS

- ◇ 175g Chocolate
- ◇ 100 g margarine or butter
- ◇ 130g biscuits
- ◇ 2 tablespoons syrup
- ◇ 75g dried fruits/cherries/raisins/
- ◇ 25g marshmallows

A small tin /tray or container to take it home in.

## METHOD

1. Wash hands and get equipment ready.
2. Melt your chocolate, syrup and butter in a sauce pan on a **low heat**. *Tip: Heat a metal spoon in a jug of hot water to measure out the syrup. Heating the spoons helps make it easier to get the syrup off!*
4. Stir with a wooden spoon until melted and you have a smooth sauce. As soon as the sauce is melted switch off the pan and put onto a pan stand. (wooden triangle).
5. Crush the biscuits slightly using the end of a rolling pin.
6. Add the rest of the ingredients e.g raisins/ marshmallows and biscuits to the pan and stir well to combine.
7. Tip into your greased baking tray and smooth down using the back of a metal spoon. If it keeps sticking try wetting the spoon with some water first.
8. Leave it set for 1-2 hours before cutting into squares.

## EQUIPMENT NEEDED

- ◇ Wooden spoon
- ◇ Metal spoon
- ◇ Sauce pan
- ◇ Baking 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.
- Don't switch the empty pan on without things in it.
- Use wooden spoon to stir.

## KEY NUTRIENTS

- ⇒ Carbohydrates starch and sugar
- ⇒ Fat

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