

Rogan Josh Curry

1. Peel & slice the onion. Peel and crush the garlic and grate the ginger.
2. Gently fry the onion until translucent.
3. Chop the chicken into large pieces and add to the saucepan with the garlic, turmeric, ginger.
4. Deseed the pepper and cut into strips.
5. **In a measuring jug** add: chopped tomatoes, tomato puree, cardamoms, chilli powder, paprika, garam masala, cinnamon.
6. When the chicken is sealed (no pink remains on the outside) add the tomato mixture to the saucepan.
7. Add the pepper.
8. Add a 100ml of water if the mixture is a little dry.
9. Simmer on a low heat.
10. Season with salt and pepper and chopped coriander.

Ingredients:

200-400g chicken or Quorn
1 onion
3 cloves garlic
1 pepper
400g can tomatoes or fresh tomatoes
1 level tablespoon tomato puree
Freshly chopped coriander

School will provide:



Falafels



Ingredients:

1 small onion
1 clove of garlic
400g can chickpeas
Handful of parsley
1 egg

School will provide:

2 tablespoons oil
1 teaspoon cumin
1 teaspoon ground coriander

1. Peel and finely chop the onion.
2. Peel and crush the garlic.
3. Fry the onion and garlic over low heat for 5 minutes until soft.
4. Chop the parsley.
5. Wash and drain the chickpeas.
6. Tip cooked onions and garlic into a large glass bowl.
7. Add the chickpeas and spices and mash with a potato masher until soft.
8. Add the chopped parsley and season to taste.
9. Add the egg and mix well.
10. Shape into 12 balls and flatten into patties.
11. Fry falafels for 3 minutes on each side until golden brown and firm.

Tomato sauce

Ingredients:

3 cloves of garlic (optional)
1 stock cube
1 tablespoon of tomato puree
1 x 400g canned tomatoes

School will provide:

2 tablespoons oil
1 teaspoon sugar
1 teaspoon basil
½ teaspoon black pepper

1. Peel and chop onion into small pieces.
2. Fry the onion in the saucepan with the oil.
3. Peel and crush the garlic and add to the saucepan.
4. When the onions are soft, add the chopped tomatoes, sugar and basil.
5. Simmer for 10-15 minutes.
6. Add the cooked meatballs / falafels to the sauce and place in a named container.
7. When cool, store in the fridge.
8. At home, heat the meatballs until piping hot.



Meat balls

Ingredients:

200-400g minced beef/
lamb/turkey/pork
1 large onion
2 slices of bread
1 egg

School will provide:

½ teaspoon mixed herbs

1. Prepare oven, 190°C or Gas Mark 5. Line tray with foil.
2. Peel and chop onion and garlic, place in a large bowl.
3. Process the bread in food processor until finely chopped. Add to large bowl.
4. Add mincemeat, tomato puree, crumbled stock cube and herbs.
5. Break egg into small bowl and beat with fork.
6. Add to large bowl and combine all the ingredients.
7. Take 1 tablespoon of mixture and roll into a ball on the red chopping board. Place on greased baking tray.
9. Bake meatballs for 15-20 minutes until the core at 75°C.



Tomato sauce

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1 stock cube
1 tablespoon of tomato puree
1 x 400g canned tomatoes

School will provide:

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1 teaspoon sugar
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½ teaspoon black pepper

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2. Fry the onion in the saucepan with the oil.
3. Peel and crush the garlic and add to the saucepan.
4. When the onions are soft, add the chopped tomatoes, sugar and basil.
5. Simmer for 10—15 minutes.
6. Add the cooked meatballs / falafels to the sauce and place in a named container.
7. When cool, store in the fridge.
8. At home, heat the meatballs until piping hot and serve with freshly cooked spaghetti.



Rough Puff Pastry

1. Cut the fat into small pieces
2. Mix flour and salt, and add the fat, stir with a palette knife (**do not rub in**).
3. Mix to a stiff dough with the 100ml cold water.
4. Roll out on a floured surface to a rectangle.
5. Fold in three.
6. Give a quarter turn so one of the open ends is towards you and roll out again, Do this 3 times in all.
7. Cover and leave to rest in the refrigerator.

Ingredients:

225g strong plain flour

150g butter / block fat (or 75g butter & 75g block fat)

2.5g salt

Cold water to mix (approximately 100mls)



Sausage plait

Ingredients:

- 8 sausages/8 Quorn sausages.
- 2 tomatoes
- 1 onion
- 1 egg

1. Set oven at 210°C/Gas Mark 7
2. Prepare fillings:
 - Slice tomatoes and chop the onion.
 - Mix onion with the sausage meat.
3. Roll pastry to a 25cm square.
4. Cut 7cm slits 1.5cm apart down each side of pastry.
5. Place on baking tray, put filling in centre and arrange sliced tomato on top.
6. Dampen cut ends of strips with beaten egg and plait by folding alternately from each side at an angle across the filling and sealing firmly in the middle.
7. Brush with egg. Bake 20-25 minutes until golden brown.
8. Probe the sausage meat when cooked to ensure it reaches a temperature of 75°C.



Jalousie

Ingredients:

- 150g Cheese
- 1 small onion
- 1 egg

1. Set oven at 210°C/Gas Mark 7
2. Prepare fillings:
 - Grate cheese & chopped onion. Season.
 - Add enough beaten egg to bind.
3. Roll pastry to a 25cm square. Trim.
4. Cut pastry into 2.
5. Put one piece onto baking tray, arrange filling on top, dampen edges.
6. Fold remaining piece in half lengthwise and cut at 1cm intervals across the fold leaving 2.5cm uncut each side.
7. Place on top of filling and seal firmly on all 4 sides.
8. Brush with egg. Bake 20-25 minutes until risen and golden brown.



Chilled lemon flan

Ingredients

300ml double/whipping cream
1 x 400g condensed milk **not** evaporated milk
2 x large lemons
250g plain digestive biscuits/ginger biscuits
100g butter/vegetable spread
Optional (Fresh/canned fruit for decoration)

1. Melt the butter or vegetable spread in a saucepan. Take off the heat.
2. Crush the biscuits and then add to the saucepan and mix.
3. Press the biscuit mixture into the flan dish and up the sides using the back of a metal spoon.
4. In a large bowl, whip the cream carefully until **soft peaks** form.
5. Add the condensed milk and mix thoroughly.
6. Finely zest of one of the lemons and squeeze out the juice of both. Add half the zest to the cream.
7. Add the lemon juice to the cream and condensed milk mixture.
8. Mix together thoroughly - the mixture will thicken as you do this.
9. Carefully spread the mixture into the flan base and spread evenly.
10. Add the remaining zest on the top/decorate with fruit.
11. Chill in the refrigerator.



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Cajun bread rolls

School will provide

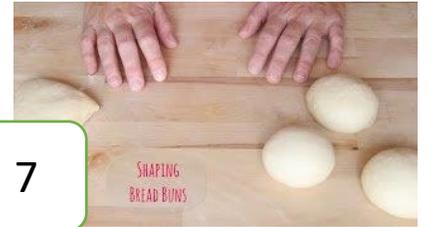
250g strong plain flour
15g fresh yeast
½ tsp salt
½ tsp sugar
175ml warm water

1 dessert spoon tomato puree
1 clove garlic, crushed
1 teaspoon paprika
½ teaspoon cayenne pepper
½ teaspoon dried oregano

1. Set oven 220°C/Gas Mark 7.
2. Make dough by mixing flour, salt, paprika, cayenne pepper, oregano, crushed garlic.
3. In a measuring jug, add yeast, sugar to 175ml warm water and mix.
4. Add the tomato paste and mix.
5. Add to the flour mixture and mix to a soft dough.
6. Turn dough onto a floured surface and **knead** for 5 minutes until smooth and elastic.
7. Divide into 6, **shape** and place on a greased tray.
8. Cover with oiled cling film and **prove** for 15 minutes in a warm place.
9. **Bake** for 10—15 minutes.



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Swiss roll

1. Set oven at 200°C / Gas Mark 6.
2. Grease & line the Swiss roll tin.
3. Make sponge mixture. **Whisk** eggs & sugar to a thick foam.
4. **Fold** in sieved flour carefully using a metal tablespoon.
5. **Bake** for 8-10 minutes until golden & firm.
DO NOT OVERCOOK.
6. Whilst cake is cooking spread extra sugar on the greaseproof paper and stir the jam to soften it.
7. Turn out cake onto sugared paper, remove paper, **trim** edges.
8. **Spread** with jam & **roll up**.

Ingredients

- 2 large eggs
- 50g caster sugar
- 50g self-raising flour
- 2-3 tablespoons jam
- Extra sugar for rolling



Vegetable quiche

Ingredients

Pastry

100g plain flour
50g block fat
2-3 tablespoons **cold** water

Filling

1 tomato
1 eggs
150ml milk
100g grated cheese
1 pepper
1 small onion

School will provide

½ teaspoon mixed herbs

1. Set oven 200°C/Gas Mark 6.
2. Put flour & fat in bowl. Rub fat into flour.
3. Add water & mix to a stiff dough, add more water if needed.
4. Turn pastry onto floured table, roll pastry into a circle larger than the foil tray.
5. Wrap the pastry over the rolling pin and lay over foil tray. Carefully push the pastry into the sides of the tray. Cut away any excess from the edges.
6. Place baking paper and baking beans in the case and blind bake for 15 minutes, until a light golden colour.
7. Dice onion the onion and pepper.
8. Gently fry until caramelised.
9. Mix eggs and milk in a measuring jug.
10. Place the vegetables into the pastry cases.
11. Add ½ the grated cheese.
12. Pour over the egg mixture and add the rest of the cheese. Don't over fill.
13. Bake for 20 minutes until the filling is set and the top is golden brown.



Minced beef cobbler

School will provide:

2 x 1 teaspoon dried mixed herbs
1 tablespoon oil

Ingredients

400g minced beef
1 clove garlic (optional)
1 large can tomatoes
1 stock cube/ 100ml water
1 tablespoon tomato puree
1 onion
100g mushrooms

Bean cobbler

School will provide:

2 x 1 teaspoon dried mixed herbs
1 tablespoon oil

Ingredients

400g canned beans (mixed beans or baked beans, cannelloni beans, butter beans, etc.)
1 clove garlic (optional)
1 large can tomatoes
1 pepper
50g mushrooms
1 courgette
1 stock cube
1 tbsp tomato purée
100ml water

Base:

1. Set oven, 200°C or Gas No 6.
2. Peel and chop the onion and garlic.
3. Add mince to the saucepan and stir over a low heat until the meat has browned.
4. Add the onion and garlic.
5. Wash and slice mushrooms and add to the pan.
6. Make the stock with 100ml boiling water
7. Add tomatoes, puree, stock, mixed herbs, salt and pepper.
8. Bring to the boil and simmer for 15 minutes.

Base:

1. Set oven, 200°C or Gas No 6.
2. Peel and chop the onion and garlic and sauté in the oil until soft.
3. Wash and slice the mushrooms and add them to the pan.
4. Chop the pepper and slice the courgette.
5. Make the stock with boiling water.
6. Remove the saucepan from the heat, add the tomatoes, purée, stock, mixed herbs, salt and pepper.
7. Rinse the beans and add them to the saucepan.
8. Bring to the boil and simmer for 15 minutes.

Topping:

1. Rub fat into flour
2. Make a well in the centre
3. Gradually pour in half the milk, mix with a knife, continue to add milk to form a soft dough (**you may not need all the milk**).
4. Add the grated cheese.
5. Turn onto floured table.
6. Press out to 3cm thick. Cut into eight equal pieces.
7. Add the meat/bean mixture to the dish and arrange the scones around the edge.
8. Bake for 20 minutes.



Beef lasagne



Ingredients:

400g minced beef
1 can (400g)tomatoes
50g tomato puree
50g mushrooms
1 onion

Optional ingredients:

Pepper, carrot, courgette

Cheese sauce

500ml milk
50g soft fat/ butter
50g plain flour
100g cheese

Lasagne

150g lasagne sheets

Vegetable lasagne



Ingredients:

Selection of
vegetables (onion,
celery, carrot,
mushroom, pepper)
1 can tomatoes (400g)
50g tomato puree

Cheese sauce

500ml milk
50g soft fat/ butter
50g plain flour
100g cheese

(grated)

Lasagne

150g lasagne sheets

1. Prepare and chop the vegetables.
2. Fry mince until sealed.
3. Add chopped onion to the pan.
4. Add tinned tomatoes, puree, chopped mushrooms, vegetables & seasoning
5. Cook meat sauce and simmer for 10 minutes.

1. Prepare & chop vegetables.
2. Lightly fry onion, carrot & celery in oil for 5 minutes.
3. Add tinned tomatoes with juice & remaining vegetables.
4. Season and simmer 10 minutes.

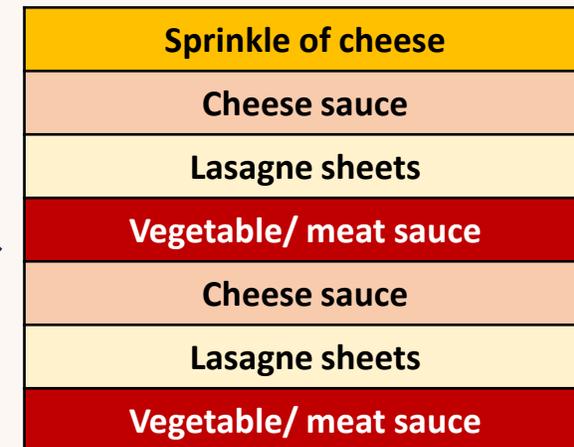
6. Make cheese sauce by the all-in –one method.

- Put milk, flour & fat in a pan.
- Bring to the boil stirring all the time.
- Add ½ the cheese.

6. Put layer of meat/vegetable sauce, then lasagne sheets, then cheese sauce, into an ovenproof dish. →

Repeat. Finish with a layer of cheese sauce.

7. Sprinkle with remaining cheese. **At home bake at 200°C / Gas Mark 6 for 40 minutes.**



Savoury palmiers

1. Preheat oven to 200°C / gas mark 6.
2. Grease a baking tray.
3. Grate cheese.
4. Roll out pastry on a lightly floured surface to a rectangle 25cm by 20cm.
5. Spread a layer of tomato puree / pesto over the pastry and scatter the grated cheese on top.
6. With the shortest end towards you, take both long edges of the pastry and roll them towards each other to meet in the middle.
7. Brush with egg wash down the centre to stick the two halves together.
8. Cut the roll into 12 slices, lay cut side up on the baking tray,
9. Brush with egg wash and sprinkle with the herbs.
10. Bake for 12-15 minutes until puffed and golden.

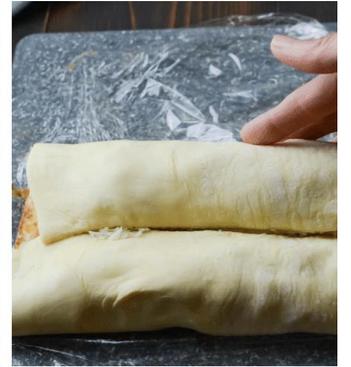
Ingredients:

375g pack of puff pastry
2 tablespoons of sun-dried tomato puree, or red or green pesto
100g cheddar cheese

School will provide

1 tsp mixed herbs
Egg wash

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Cheesecake

Ingredients

150g digestive biscuits
75g soft spread/butter
200g cream cheese
250-300ml whipping cream
50g caster sugar
1 lemon

Optional: Fruit to decorate: eg. strawberries, kiwi fruit .

1. Crush the biscuits in plastic bag, use a rolling pin.
2. Melt butter, then remove from the heat, add the biscuit crumbs and stir.
3. Press mixture into the dish.
4. Zest the lemon. Squeeze juice.
5. In a small bowl mix the cream cheese and sugar.
6. Add the lemon zest and juice and mix with a fork.
7. Whip the cream to **soft peaks**.
8. Add the cheese mixture to the cream and whisk until smooth.
9. Gently place the mixture over the biscuit base using a spatula.
10. Decorate with the fruit if time allows.



All in one cake

Ingredients

150g self-raising flour
150g soft fat/butter
150g sugar
3 eggs
2 tablespoon (50g) jam
1 teaspoon (5g) sugar (to sprinkle on to top)

1. Set oven 180°C/Gas 4. Grease & line 2 x 18cm tins.
2. Put soft fat, sugar, eggs & flour in large bowl.
Beat until soft with a wooden spoon, or electric whisk.
3. Divide between two tins.
4. Bake 20 minutes until golden brown and firm to touch.
5. Remove from tin. Cool.
6. Sandwich together with jam.
7. Sprinkle 1 teaspoon sugar onto top.



Gingerbread

Ingredients

115g plain flour
50g soft spread/ butter
1 egg
25g sultanas (optional)

School will provide:

80g black treacle
35g golden syrup
25g soft brown sugar
1 x teaspoon ground ginger
½ teaspoon mixed spice
½ teaspoon bicarbonate of soda
75 ml milk



1. Set oven at 150°C/ Gas Mark 2.
2. Grease cake tin.
3. Sieve together, flour, ginger, mixed spice and bicarbonate of soda.
4. Melt fat, sugar, treacle and syrup gently – do not bowl. Gradually beat in the milk and allow to cool.
5. Add the beaten egg and mix well. Stir treacle mixture into the flour and add sultanas.
6. Pour mixture into prepared tin and bake for about 20-30 minutes.



Chelsea buns

1. Set oven 200°C/Gas Mark 7.
2. Make dough by mixing flour, salt and mixed spice.
3. Rub butter into the flour.
4. Gently warm the milk. Add the yeast, 25g sugar to the warm (not hot) milk. Add egg and mix well.
5. Add the yeast mixture to the flour and mix to form a dough.
6. Turn dough onto a floured surface and knead for 5 minutes.
7. Cover with oiled cling film and prove in a warm place.
8. Melt butter
9. Knead dough. Roll into a rectangle 30cm by 20cm
10. Spread with melted butter. Sprinkle the sugar and dried fruit over the dough.
11. Roll up (like a Swiss Roll). Cut into 9 equal slices. Place on a greased tray cut side down.
12. Cover with oiled cling film and prove in a warm place for 30 minutes, until doubled in size.
13. Remove the cling film and bake 15-20 minutes until golden.
14. Brush with sugar glaze, whilst still warm.

Ingredients

100ml milk
1 egg

Filling

50g butter
50g sugar
100g mixed dried fruit

School will provide

250g strong plain flour
½ teaspoon salt
1 teaspoon mixed spice
25g butter
25g sugar
15g fresh yeast



Profiteroles

Ingredients

150ml water
50g butter or block vegetable fat spread
60g flour (strong plain bread flour is best)
2 medium eggs

Filling

200ml double or whipping cream

Topping

150g chocolate

1. Heat the oven to Gas 6/200°C.
2. Bring the water and butter to the boil in a saucepan, make sure all the fat has melted, and the liquid is boiling.
3. Turn off the heat and add the sieved flour and carefully mix it in with a wooden spoon and then beat it until a ball of choux paste is formed in the pan.
4. Allow the choux paste to cool for a few minutes.
5. Gradually add the beaten eggs, a little at a time – you may not need them all – beating the mixture well. The paste should be a ‘dropping’ consistency – it must not be runny.
6. Spoon the mixture into 12 x blobs onto a greased or lined baking tray. Allow some room for them to expand.
7. Bake for 15 minutes, then turn the temperature down to Gas 5/180°C for another 10 minutes – DO NOT OPEN THE OVEN DOOR WHILE BAKING, BECAUSE THEY ONLY SET IN THE LAST FEW MINUTES OF BAKING.
8. Make a slit in the side of each one and allow to cool.

Finishing

1. Whip the cream until thick. Pipe cream through the slit in the side of each profiterole.
2. Melt the chocolate in a bowl over a pan of simmering water and dip the profiteroles into it and leave them to set.

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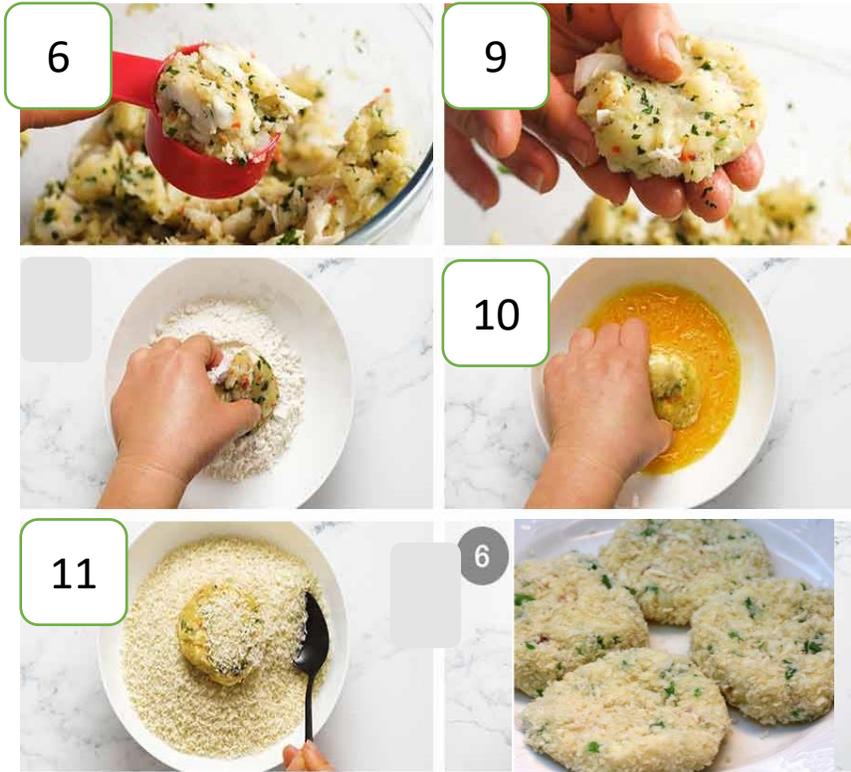


Fish cakes

1. Peel potatoes and cut into 1cm dice.
2. Place in a large pan, cover with cold water and bring to the boil. Simmer for 20 minutes until potatoes are soft.
3. Open tin, place tuna/ cooked fish on a plate and flake.
4. Wash parsley, remove stalks and chop finely.
5. When potatoes are cooked, drain and mash with potato masher until smooth.
6. Add butter, salt, pepper, fish and parsley and mix well with a tablespoon.
7. Crack egg into a small bowl and beat with a fork.
8. Place breadcrumbs on a plate.
9. Sprinkle flour on your chopping board and hands. Shape fish mixture into a sausage shape and then cut and shape into 8 even sized pieces.
10. Dip each fishcake into the egg mixture, brushing with pastry brush.
11. Remove with palette knife, place into breadcrumbs, coat each side.
12. Bake on a greased baking tray for 15—20 minutes at 200° C/Gas 6.

Ingredients:

350g potatoes
200g tinned tuna/ cooked fish
25g butter or block fat
1 egg
Small bunch of parsley
200g dried breadcrumbs or bread (grate or crumb in the food processor at school)



Ratatouille

1. Peel & chop onion, peel and crush garlic.
2. Wash green & red pepper. Cut in half, remove stalk & seeds. Slice and cut into cubes.
3. Wash & slice courgettes.
4. Wash & chop aubergine into 2-3cm cubes.
5. Put oil into pan & heat up.
6. Add onion & cook gently for 5 minutes (onion should not be brown), stir with a wooden spoon.
7. Add aubergine, courgettes, pepper & garlic & cook for a further 2-3 minutes until they begin to soften slightly.
8. Stir in tinned tomatoes, tomato puree, basil, salt & pepper.
9. Put lid on pan & simmer gently for approx. 15 minutes, stirring occasionally.
10. Add the basil at the end of the cooking process.

Ingredients:

- 1 large onion
- 1 or 2 cloves of garlic
- 1 aubergine
- 1 courgette
- 1 pepper
- large tin tomatoes
- 1 tablespoon of tomato pureé

School will provide:

- Salt and black pepper
- 25ml vegetable oil
- 5g fresh basil



Jambalaya

1. Chop chicken and chorizo into bite size pieces.
2. Peel and finely chop onion.
3. Fry onion, chicken and chorizo over low heat.
4. Finely chop celery. Add to the chicken.
5. Peel and finely chop or crush the garlic. Add to the chicken.
6. Deseed and finely chop the pepper. Add to the chicken.
7. Make up the stock with 300ml water.
8. Add the rice to the chicken and cook gently for one minute. Stir to avoid the rice sticking.
9. Add the stock, tomatoes, paprika, thyme and tabasco.
10. Bring to the boil and simmer for 20 minutes stirring frequently to prevent the rice sticking and burning. The rice should be soft, and the liquid absorbed.

Ingredients

1 or 2 chicken breast or 200g mycoprotein (Quorn)
50g chorizo (optional)
150g long grain rice
1 large onion
1 pepper
1 stick of celery (optional)
2 cloves garlic
1 chicken stock cube
1 x 400g can chopped tomatoes



Petal cake

Ingredients

Cake

3 eggs
75g caster sugar
75g self-raising flour

Filling

250g strawberries
200ml to 300ml of double or whipping cream
1 level tablespoon of icing sugar

Cake:

1. Light oven Gas Mark 6, 200°C.
2. Put a circle of greaseproof paper in each tin and grease well.
3. Put eggs and sugar into a large bowl and whisk until thick and pale.
4. Sieve flour onto a plate.
5. **VERY** carefully, use a tablespoon to fold the flour into the egg mixture.
6. Put into tins and bake for 10—15 minutes until golden brown and firm to the touch.

Filling:

7. Put 3 pieces of fruit for decoration onto a plate. Chop the remaining fruit.
8. Whip cream carefully until it forms soft peaks. Put 2 tablespoons into a piping bag.
9. Fold chopped fruit into the cream.
10. Cut 1 cake into 8 pieces, remove 2 slices.
11. Spread cream and fruit on the uncut cake.
12. Arrange 6 x cake pieces on top of the cream.
13. Sieve icing sugar onto of the cake
14. Pipe a rosette of cream onto each piece of cake, top with a piece of fruit.

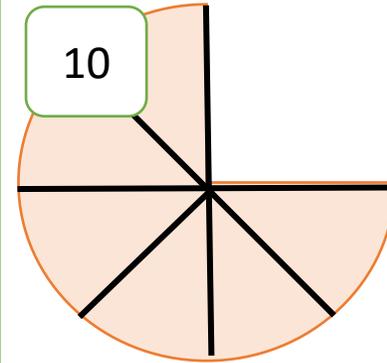
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Omelette

1. Pre-heat the grill.
2. Grate the cheese.
3. Break the eggs into the bowl, add the salt, pepper, herbs and **half the cheese**, gently combine with a fork—do not over beat.
4. Turn the hob to medium, place the frying pan on the hob and let it get hot (about 30 seconds with gas, longer with electric).
5. Add the oil, tilt the pan so the base gets coated.
6. Add the egg. When a bubbly frill appears round the edge tilt the pan and use the palate knife to allow the uncooked egg to flow under the cooked egg to the surface of the pan.
7. When there is just a little liquid egg left, sprinkle the remaining grated cheese onto top and place frying pan under the pre-heated grill to cook until bubbling.
8. **Place pan on pan stand and not on the work surface.**
9. Fold the omelette in half and tip onto the plate.

School will provide:

- 2 eggs
- Black pepper
- 50g cheese
- Pinch of salt
- ½ teaspoon of mixed herbs
- ½ teaspoon of oil

