

Dippy Divers

Method

1. Top and tail the carrot.
2. Peel the carrot.
3. Slice the carrot into slices and then sticks.
4. Cut the cucumber in half and then thick slices.
5. Place the hummus and yoghurt into a small bowl.
6. Mix with a fork.
7. Arrange the vegetables on a plate.

Food hygiene- do not double dip when tasting.

Ingredients

½ carrot

¼ cucumber

1 x tablespoon hummus

1 x tablespoon plain yogurt

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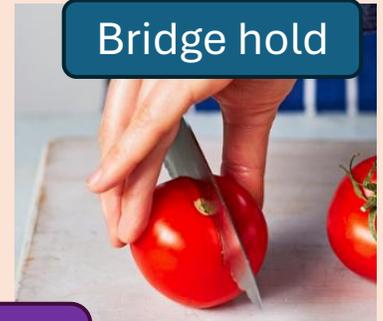


Claw grip

Couscous salad

Method

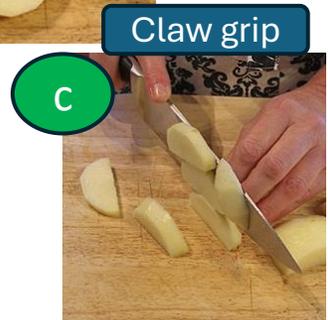
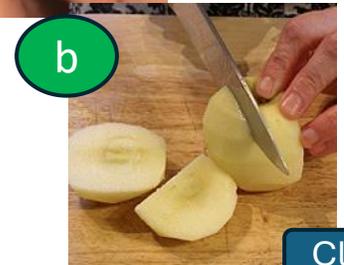
1. Make the stock by **dissolving** the stock cube in 175ml boiling water.
2. **Pour the stock over the couscous in a large bowl.**
3. Put a plate over the bowl. Leave to stand for 5 minutes and then fluff with a fork.
4. **Chop the tomato and cucumber into small chunks.**
5. Slice the pepper into small strips.
6. Chop the dried apricots.
7. Chop the spring onions into the bowl using the scissors.
8. Cut the cheese into cubes.
9. Add all the vegetables to the couscous and stir everything together with a fork.



Apple crumble

Method

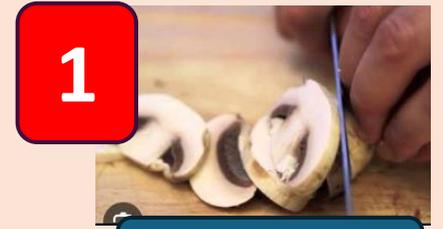
- 1. Preheat the oven to 190°C or gas mark 5.
- 2. Chop the butter or block fat into cubes. Add the flour, 75g sugar and butter to the large bowl.
- 3. Rub the butter into the flour and sugar.
- 4.
 - a) Peel the apples.
 - b) Remove the core.
 - c) Slice thinly.
- 5. Arrange the apple slices in the ovenproof dish, and then add 1 tablespoon of sugar.
- 6. Sprinkle the crumble topping over the apple slices.
- 7. Bake for 20 - 25 minutes, until the apple is soft, and the crumble is golden.



French bread pizza

Method

1. Slice the pepper and mushroom.
2. Chop the spring onions using the scissors
3. Grate the cheese.
4. Preheat the grill.
5. Place the bread under the grill and toast one side.
6. Remove the bread and place on the tray, uncooked side up.
7. Spread the tomato sauce over the bread.
8. Arrange the pepper, mushroom and onion over the slices.
9. Sprinkle the cheese and mixed herbs over the bread. Press down the cheese.
10. Place under the grill until the cheese bubbles.



Claw grip



Dextrinisation



Fruity flapjack

Method

1. Preheat the oven to 180°C or gas mark 4.
2. If using cherries or apricots, chop the fruit into small pieces.
3. Place the butter or block fat, sugar and syrup into a saucepan and gently heat until melted. Do not boil. Remove from the heat.
4. Stir in the oats and dried fruit.
5. Spoon the mixture into a foil tray.
6. Pat down the mixture in the tray using a wooden spoon.
7. Bake for 15 - 20 minutes, until lightly browned.
8. Remove from the oven and cut into 8 pieces in the foil tray while hot.

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Melting method



4



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Carrot Cakes

Method

- 1. Preheat the oven to 200°C or gas mark 6.
- 2. Top and tail, and then peel and grate the carrots.
- 3. Whisk together the sugar, soft spread, flour, cinnamon and egg until light and fluffy.
- 4. Stir in the carrots and mix with a wooden spoon.
- 5. Mix in the dried fruit.
- 6. Divide the mixture equally between the 12 bun cases.
- 7. Bake for 15 minutes.

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Macaroni cheese

Method

1. Cover the pasta with hot water and boil for about 10-12 minutes.
2. Grate the cheese
3. Drain the pasta into a colander.
4. Place the pasta in your dish/container.

Make the sauce:

5. Place the milk, butter/margarine and flour into a saucepan.
6. Bring the sauce to a simmer, stirring it all the time until it thickens.
7. Remove from the heat and place on pan stand.
8. Stir in 1/2 of the grated cheese.
9. Stir the drained pasta into the cheese sauce and add black pepper.
10. Pour the macaroni cheese into your container.
11. Sprinkle over the remaining cheese.

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Dutch apple muffins

Method

1. Preheat the oven to 180°C or gas mark 4.
2. Add 9 bun cases to muffin tray.
3. Whisk together the sugar, margarine, flour, and eggs, until light and fluffy.
4. Cut the apple into quarters then remove the core. Cut 9 thin slices and then chop the rest of the apple.
5. Add the chopped apple to the cake mixture.
6. Spoon the mixture into 9 muffin cases
7. Press an apple slice into each muffin, then sprinkle the cinnamon and sugar on top.
8. Place in the oven and bake for 20 minutes, until golden brown and springy to the touch.



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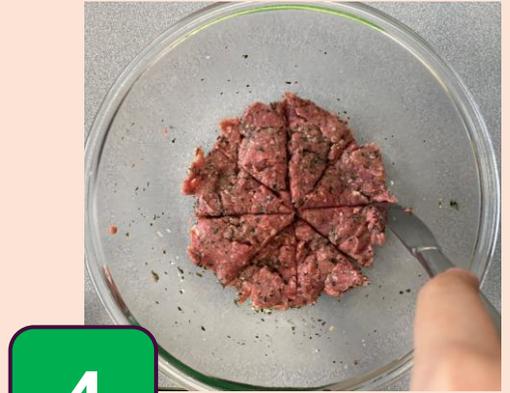
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Koftas

Method

1. Preheat the oven to 190°C or gas mark 5.
2. Peel and chop the onion finely.
3. In a large mixing bowl mix the mince, garlic, ground coriander, cumin, mint sauce and chilli flakes together.
4. Divide mixture into 8 and form koftas shapes.
5. Place on the baking tray and bake for 15-20 mins, turning occasionally.
6. Use the food probe to check the core of the kofta reaches 75°C



Spicy tomato soup

Method

- 1. Peel and slice the onion.
- 2. Top and tail, peel and grate the carrot.
- 3. Peel and grate the potato.
- 4. Measure 500ml boiling water, crumble in the stock cube and stir. Add the chilli flakes.
- 5. Put all the ingredients into a saucepan.
- 6. Stir everything together, bring to the boil and simmer for 20 minutes.
- 7. Remove from heat and liquidise with the stick blender until smooth.

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Jam tarts

Method

- 1. Preheat the oven to 200°C or gas mark 6.
- 2. Add the flour to the bowl.
- 3. Cut up the block fat and then rub into the flour, using your fingertips.
- 4. Add 2 tablespoons of cold water and mix with a knife to form a firm dough.
- 5. Roll out the pastry, on a floured surface.
- 6. Cut out 12 circles. Gently press the circles into the trays.
- 7. Beat the jam in a small bowl until soft.
- 8. Add a teaspoon of jam in each pastry case. Do not over fill.
- 8. Bake for 10-15 minutes.

