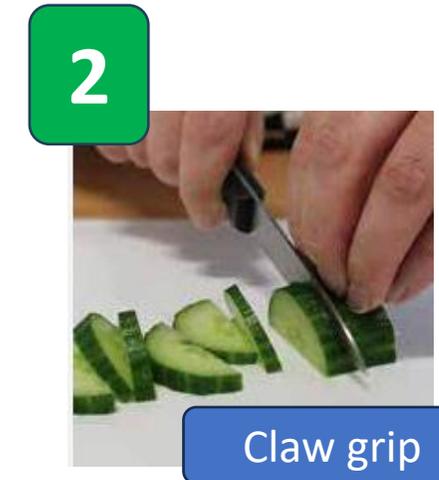


Pasta Salad

Method

1. Cover the pasta with hot water. Boil for 10-12 minutes until soft.
2. While the pasta is cooking, prepare the other ingredients and add to a large bowl:
 - chop the onions, celery, peppers
 - slice the mushrooms, ham, tomatoes
 - chop the cucumber into small chunks
 - chop the cheese into cubes.
3. Drain the pasta into a colander. Cool the pasta by rinsing it under a cold tap for a few moments. Drain well.
4. Place the colander over the pan and take to your table.
5. Add the pasta into the bowl
6. Add the dressing and gently mix.



Chicken curry

Method

1. Cut chicken into chunks with scissors, add to the saucepan with the oil, stir to coat the chicken.
2. Throw away packaging.
3. Chop the onion, add to the pan with the garlic.
4. Fry on a **low heat** until the onions are soft, and the chicken is **white in the middle**. Stir every few minutes.
5. Chop pepper and add to the saucepan.
6. In a measuring jug add the tomatoes, curry powder, chutney and lemon juice.
7. Rinse the chickpeas in a sieve and add to the saucepan.
8. Simmer for 15-20 minutes.
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Saucepan

Chopped chicken

Oil

Chopped onion

1 teaspoon garlic puree



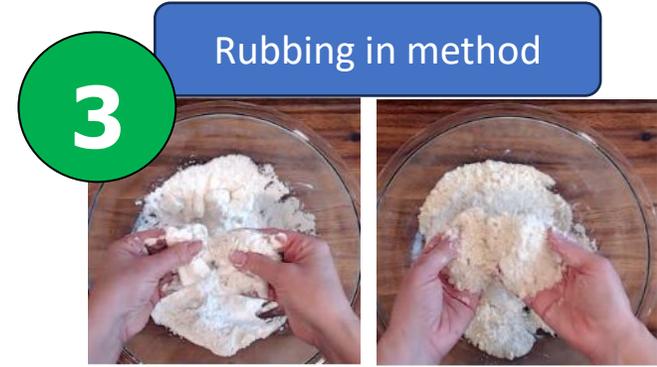
Measuring jug

Tinned tomatoes	1 can
Curry powder	1 teaspoon
Chutney	1 tablespoon
Lemon juice	1 tablespoon

Scones

Method

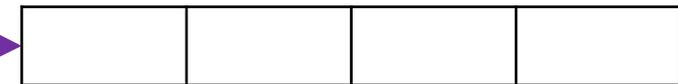
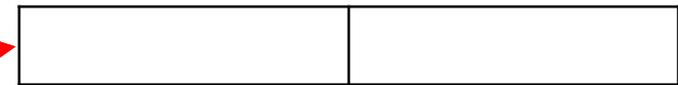
1. Prepare oven, 200°C or Gas No 6. Grease baking tray
2. Put flour and fat in large bowl.
3. Cut up the butter/block fat and rub into the flour.
4. Stir in fruit and sugar using a knife.
5. Make a well in the centre
6. Gradually pour in **half the milk**, mix with a knife continue to add milk to form a soft dough(**you may not need all the milk**).
7. Turn onto floured table.
8. Press out to 2cm thick.
9. Glaze with milk.
10. Bake for 10 minutes until golden brown.



Cheese Whirls

Method

- 1. Prepare oven, 200°C or Gas No 6. Grease baking tray
- 2. Grate** the cheese onto a plate. **Measure** 100ml milk.
- 3. Put flour and fat in large bowl, cut up the fat and **rub** into the flour. Stir in salt and pepper and **half** of the cheese.
- 4. Add milk gradually and mix to a soft dough.
- 5. Roll out to $\frac{3}{4}$ **length** of the rolling pin.
- 6. **Spread** with tomato puree then **sprinkle** with the remaining cheese.
- 7. Roll** starting from the edge **nearest** you.
- 8. Cut into **8 equal** pieces (cut in **half**, then **quarters**, and then into **eighths**)
- 9. Put whirls on tray, **cut side down**, flatten slightly.
- 10. Bake for 10 minutes until golden brown.



Bread

Method

1. Pre heat oven 220°C, Gas mark 7.
2. Put the flour into a large mixing bowl and add salt.
3. Measure 175ml **warm** water (not hot) add yeast, 1 teaspoon, sugar and stir with a fork until dissolved.
4. Add to the flour and mix to a soft dough with a knife.
5. Turn onto a lightly floured table and **knead** well for five minutes.
6. Divide into 6.
7. **Shape** and place on the baking tray.
8. Cover with oiled cling film.
9. Leave to rise (**prove**) in a warm place until doubled in size.
10. **Remove** the cling film.
11. **Bake** for 10 minutes until golden.

Knead



Shape



Prove



Bake



Pizza

Method

- 1. Set oven 220°C, Gas 7.
- 2. Roll out the dough and press onto the tray.
- 3. Grate cheese.
- 4. Chop the vegetables e.g. onion, peppers etc.
- 5. Slice the mushrooms.
- 6. Spread the tomato puree on the pizza base.
- 7. Add the other ingredients on the pizza base.
- 8. Add the grated cheese and mixed herbs.
- 9. Bake 10-15 minutes.

2



6



Ginger biscuits

Method

- 1. Preheat the oven gas 5, 190°C
- 2. Place the self-raising flour, sugar, bicarbonate of soda and ginger in bowl.
- 3. Gently melt the butter and syrup in a pan.
- 4. Add the dry ingredients from the bowl to the pan.
- 5. Stir to form a soft dough.
- 6. Divide the mixture into 8.
- 7. Roll each piece into a ball and place well apart on the tray, flatten slightly.
- 8. Bake 12 – 14 mins until golden and cracked on top. Leave to firm up for 10 mins.



Chilli

Method

1. Add mince to the saucepan pan, throw away packaging and break up the mince with a wooden spoon.
2. Peel and chop the onion. When the **minced has browned**, add the garlic and onion to the pan.
3. Fry on a **low heat** stirring regularly over a low heat.
4. Remove seeds from the pepper, chop and add to the pan.
5. Slice the mushrooms and add to the pan.
6. In a measuring jug add tomatoes, tomato puree, chilli powder, herbs, salt and pepper.
7. Pour into the saucepan and bring to the boil and simmer.
8. Return to the heat and simmer for 15 minutes.
9. Rinse the kidney beans in a sieve and add to the saucepan OR add the baked beans.



Saucepan
Minced beef
Chopped onion
Garlic paste



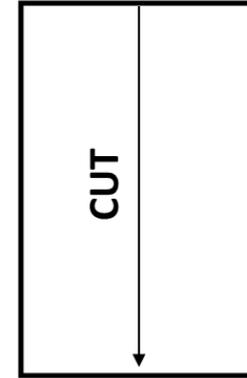
Measuring jug	
Tinned tomatoes	1 can
Tomato puree	1 tablespoon
Chilli powder	1 teaspoon
Herbs	1 teaspoon
Salt and pepper	¼ teaspoon of each

Samosas

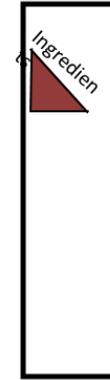
Method

1. Preheat the oven to 190°C or gas mark 5.
2. - Peel and grate potato
- Peel and grate the carrot
- Use scissors to snip the spring onion into small pieces
3. Lightly grease the baking tray
4. In a mixing bowl add the curry paste, onion, frozen peas, carrot and potato. Mix together.
5. Lay a sheet of filo pastry on the work surface long sides at the top and bottom (Portrait)
6. Cut into 3 equal strips.
7. Use a pastry brush to dab with oil. Fold the samosas
8. Bake for 10-15 minutes.

1



2



3



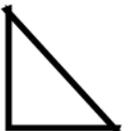
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5



6



Marble Pear Tray Bake

Method

- 1. Prepare oven, 180°C or Gas No 4.
- 2. **Mix** sugar, soft spread, flour and eggs together, using an **electric whisk**, until light and fluffy.
- 3. Cut the pear into four, remove the core and **slice**. Scatter slices of pear into the foil dish.
- 4. **Spoon half** of the plain cake mixture into the tin.
- 5. Stir in the cocoa to the remaining mixture.
- 6. **Spoon** the chocolate mixture into the baking tin.
- 7. **Swirl** the two mixtures together to create a **marble effect**.
- 8. Place in the oven and bake for **20 minutes until firm**.

