

# Bolognaise

## Method

1. Add mince to the saucepan.
2. Peel and chop the onion – add to the saucepan and stir over a low heat until the meat has browned.
3. Stir in the garlic.
4. Remove the seeds from the pepper, chop and add to the pan.
5. Slice mushrooms and add to the pan.
6. In a jug add the tomatoes, tomato puree, mixed herbs, salt and pepper. Add to the saucepan.
7. Bring to the boil and simmer for 15 minutes.



Saucepan

Mince

Onions

Garlic



Measuring jug

Tinned tomatoes	1 can
Tomato puree	1 tablespoon
Mixed herbs	½ teaspoon
Salt and pepper	¼ teaspoon of each

# Stuffed Peppers

## Method

- 1. Cut tops off each pepper **or** slice in half. Remove core & seeds.
- 2. Chop bacon & onion. Fry lightly to soften. Remove from heat and add to mixing bowl.
- 3. Prepare other ingredients e.g. grate cheese, chop vegetables etc
- 4. Add breadcrumbs, additional ingredients, herbs and salt and pepper to the bowl stir well.
- 5. Fill the peppers with stuffing.

1



or



# Sausage rolls

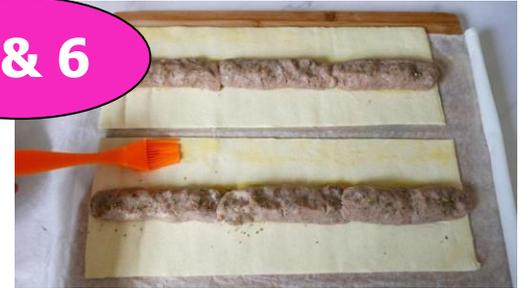
## Method

1. Preheat the oven, Gas 7, 210°C.
2. Remove the skins from the sausages. **Wash hands.**
3. Roll the pastry into a rectangle about 30cm x 25cm.
4. Cut in two, lengthwise.
5. Place sausages on the pastry
6. Brush the edges with egg seal them.
7. Knock up the edges with a knife and flute the edge using your fingers, or press with a fork.
8. Brush with the beaten egg and/or milk.
9. Cut into 16 sausage rolls, mark the tops with a knife.
10. Place on the baking tray and cook for about 20 minutes until golden brown and the core of the sausage roll reaches 75°C.

2



5 & 6



7



# Chicken goujons

## Method

- 1. Preheat the oven Gas 6, 200°C.
- 2. Beat egg in a small bowl.
- 3. Add 3-4 tablespoons of breadcrumbs to a plate. Season well with herbs and spices.
- 4. Cut chicken into strips with scissors.
- 5. Dip into beaten egg and coat with breadcrumbs. Place on the baking tray.
- 6. Cook for 20 minutes until golden brown and the core of the chicken reaches 75°C.
- 7. Sanitise the probe and clean the work surface thoroughly.

4



5



# Lemon Tray Bake – All in one method

1. Preheat oven, 180°C or Gas Mark 4 .
2. Zest the lemon.
3. In a large bowl whisk together the flour, fat, eggs and sugar until light and fluffy.
4. Add the zest to the cake mixture.
5. Place the mixture into the foil tray.
6. Bake for 20-30 minutes until golden brown and firm to the touch.
7. Whilst the cake is baking, **juice the lemon** and add 1 tablespoon of caster sugar to the juicer bowl and stir together.
8. Pour the lemon juice mix over the warm cake and leave to cool.

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# Double Chocolate Muffins

## Method

1. Oven 200°C / gas 6, place 6 muffin cases in muffin tin.
2. Place the flour, baking powder, sugar and cocoa powder together in the bowl.
3. In a measuring jug mix the milk, oil and egg.
4. Add the liquid mixture to the flour and mix gently to a lumpy batter. Add the mixture to the measuring jug.
5. Add half the chocolate chips to each muffin case.
6. Pour the mixture between the muffin cases.
7. Scatter the remaining chocolate chips on the top of the mixture and press down with a teaspoon.
8. Bake for 25-30 minutes until well risen and firm.

### Large Bowl

Flour  
Sugar  
1 teaspoon baking powder  
Cocoa

### Measuring jug

Egg  
Oil  
Milk

### Cup cases

Choc chips

# Focaccia

## Method

1. Preheat oven 220°C, Gas mark 7.
2. Put the flour into a large mixing bowl and add salt.
3. Measure the 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. Press the dough into the tin - cover and leave for 10 mins.
7. Peel and chop the garlic.
8. Press fingers into the dough to make dimples.
9. Add a tablespoon of oil on the surface.
10. Sprinkle over the garlic, rosemary and salt.
11. Cook for 15-20 minutes, until golden.



# Coconut curry

## Method

1. Cut chicken into chunks with scissors into the saucepan. Add the oil and stir to coat the chicken.
2. Throw away packaging.
3. Cook the chicken on a low/medium heat.
4. Chop the onion, add to the pan with the garlic.
5. Prepare vegetables (cut the pepper into strips, slice mushrooms) and add to the pan.
6. Add the spices
7. Fry on a **low heat** until the onions is soft, and the chicken is **white in the middle**. Stir every few minutes.
8. Add the coconut milk. Bring to the boil and simmer for 10 minutes.



Saucepan

Chicken

Onion

1 teaspoon garlic puree



### Small bowl

Turmeric	1 teaspoon
Garam masala	1 teaspoon
Chilli flakes	½ teaspoon

# Sweet and sour chicken

## Method

1. Cut chicken into chunks with scissors into the saucepan. Add the oil and stir to coat the chicken. Throw away packaging.
2. Cook the chicken on a low/medium heat.
3. Chop the onion, add to the pan.
4. Fry on a **low heat** until the onions are soft, and the chicken is **white in the middle**. Stir every few minutes.
5. Cut the pepper into strips and add to the pan.
6. Drain the pineapple juice into a jug and top with water to make 250mls.
7. Add the cornflour, ginger, sugar, soy sauce, vinegar, and tomato puree to the jug. **Stir well**.
8. Pour into the saucepan. Bring to the boil gently stirring all the time and then simmer for 10 minutes.
9. Add the pineapple chunks.



Saucepan  
Chicken  
Onions



### Measuring jug

Pineapple juice	250mls in total
Water	
Tomato puree	1 tablespoon
Corn flour	1 tablespoon
Ginger	1/2 tablespoon
Sugar	1 tablespoon
Soy sauce	1 tablespoon
Vinegar	1 tablespoon