

# **Our School Cook Book**

# **Welcome to the Emmer Green Primary school recipe book**

*All the recipes within this book have been used either as part of a cookery lesson for all years, or as a course during a 'teachers meal'. Therefore they have been tried and tested by our most critical judges and we are confident that you will enjoy trying them out at home.*

*As always we invite you to submit photos of what you cooked, along with a photo of yourself for display on the cookery room information board.*

*Happy cooking !*

*Sandy*

# INDEX

*Soups*

*Starters*

*Sides*

*Pizza, Pasta & Rice*

*Main courses*

*Cakes & Desserts*

# SOUPS

## Carrot & Coriander (serves 4)

- 680g (1 1/2 lb) carrots, grated or chopped small
- 2 teaspoons coriander
- 1 clove garlic, chopped
- 1 onion & 2 potatoes chopped
- 900ml (1 1/2 pints) veggie stock

Soften garlic and onions. Add stock, carrot and potato and bring to the boil. Simmer for 15-20 minutes until carrots are cooked.

Add coriander and simmer for a minimum of 15 minutes or add the coriander with the carrots.

Blend everything then bring the soup up to temperature.

## Easy Peasy Tomato (serves 4)

2 tbsp olive oil/2 chopped onions/4 chopped cloves of garlic/1 tbsp oregano/1 tbsp dried thyme/1 tspn dried basil/salt/pepper/sugar to taste/2 tins chopped tomatoes/2 tbsp tomato puree/500ml chicken or vegetable stock/150ml cream or milk

Fry onions until soft. Add garlic, oregano, thyme and basil. Stir to soak up oil. Season with salt, pepper and sugar.

Add tomatoes and stir. Add stock and bring to the boil. Reduce temperature and simmer for 10 minutes (min).

Allow to cool slightly. Puree soup with blender and re-heat with out boiling. Add cream and seasoning to taste

## **Leek & Potato – serves 4**

**Knob of butter/1 chopped leek/4-5 potatoes peeled and diced/900 ml chicken or vegetable stock/ single cream, salt & pepper**

**Fry leeks in butter for 5 mins until soft**

**Add potatoes, cover and cook for further 10 minutes**

**Add stock, bring to boil and simmer for 15 minutes**

**Allow to cool slightly. Puree soup with blender and re-heat without boiling. Add cream and seasoning to taste**

## **Country Soup - serves 4**

**1 onion/25g butter/225g carrots/1/4 white cabbage/2 vegetable stock cubes/600ml water/1 tspn mixed herbs/100g macaroni/450ml water/salt & pepper to taste**

**Chop onion, cook gently in butter for 2 – 3 mins**

**Slice carrots and white cabbage, add to onion and continue cooking for 4 mins, stir and add 600ml water, stock cubes & herbs. Bring to boil & simmer for 30 mins.**

**Add 450ml water, bring to boil & add macaroni. Simmer 15 minutes, season to taste**

## **STARTERS**

### **Bacon & Egg Cups – serves 4**

**1 pack streaky bacon/4 slices bread (cut into rounds)/oil to taste/4 eggs/salt & pepper to taste**

**Preheat oven to 180/Gas 5. Using a 12 hole cupcake/muffin tin line each hole with a rasher of bacon. Pop the bread round in to the bottom. Drizzle with a little oil. Crack in an egg & add salt & pepper. Bake in preheated oven for 15 minutes.**

### **Jamaican Patties – serves 4/6**

**Pastry 170g plain flour/85g butter/2 to 4 tblspn water/ salt**

**Filling 1 tspn turmeric/1 tspn oil/500g minced beef (or Quorn)/2 onions (chopped)/2 cloves garlic (chopped), 1 tsp ginger/2 tspns curry powder/1 tspn thyme/1 tspn paprika/1/2 can chopped tomatoes/3 tblspn breadcrumbs/125 ml water/1 stock cube/1 chilli (finely chopped)/salt & pepper**

**Make pastry by rubbing fat into flour until it resembles fine breadcrumbs. Gradually add cold water and cut in with a roundknife. Make into a dough ball, cling film and let rest in fridge for 20 mins**

**Using a large saucepan heat oil and add onions, garlic, turmeric, ginger and mince. Once mince has browned add curry powder, thyme, paprika, salt & pepper and chilli. Cook for 3 mins and add chopped tomatoes, breadcrumbs, water and stock cube. Stir and leave to simmer for 30 minutes.**

**Remove pastry from fridge. Roll out on floured surface and cut a circle shape around a saucer. Place 2 tspns of mixture in middle and fold in half to make a semi circle. Press joined edges with a fork and prick patties to allow steam to release. Bake in pre-heated oven for 30 minutes.**

## **Cantonese Pork Dumplings – serves 6/8**

**100g minced pork/30g chopped watercress/1/2 small tin water chestnuts, drained & chopped/2 spring onions chopped/1 tspn oyster sauce/2 tspns sesame oil (or olive)/1 clove garlic finely chopped/1 tspn soy sauce/salt & pepper/ 40 wonton or spring roll wrappers**

**In a large bowl combine all ingredients except wrappers.**

**Place ½ tspn of mix onto each wrapper. Wet the edges, fold over to make a neat parcel. Ensure no air is trapped inside.**

**Pan fry the dumplings in a large frying pan with a little oil for 15 mins turning regularly.**

## **Dough Balls – serves 4**

**1 sachet dried active yeast/1/2 tspn dark brown soft sugar/350ml hot water/1 tspn salt/2 tspn olive oil/425g plain flour**

**Mix all ingredients together in a large bowl. Turn out on to a floured surface and knead until soft and smooth. Place dough into a well oiled bowl, cover with damp cloth and let rise until doubled in size (approx. 1 hour)**

**Punch down, roll into a ball and split in half. With each half roll in to a long sausage shape. Cut into 12 even pieces. Roll each between your palms to form smooth marble sized balls. Place on greased baking tray and allow to rise (30 mins).**

**Bake in preheated oven 220/Gas 7 for 20 minutes and until golden.**

**Serve with garlic butter**

## **Sticky Ribs – serves 4**

**2k beef ribs/100g dark brown soft sugar/250ml ketchup/2 tspn water/2 tspn cider vinegar/125ml lemon juice/60g grated celery/100g grated onion/salt & pepper to taste**

**Preheat oven – 170/Gas 3**

**Place ribs in baking dish. Place all other ingredients in bowl, mix well and then pour over ribs. Bake for 3 hours until tender.**

## **Nachos – serves 6**

**450g minced beef/1 onion – finely chopped/salt & pepper to taste/275g grated cheese/1 tin refried or kidney beans/400g tortilla crisps/1 fresh sliced jalapeno (optional)**

**Brown mince with onion, salt & pepper – drain off excess fat  
Arrange tortillas on a heatproof plate, spread beans over and layer with half the cheese, beef mix and then the remaining cheese. Arrange sliced jalapeno on top (if using). Place under hot grill until cheese has melted.**

**(NB – a tin of chopped tomatoes mixed with the beef works well too)  
Serve with guacamole and sour cream.**

## **SIDES**

### **Dips & Pittas**

#### ***Tomato Salsa***

**1 can chopped tomatoes/1/2 red onion (finely chopped)/2 tspn dried coriander/tbspn lime and tbspn lemon juice/ 2 tspsn chilli flakes/1 tspn chilli sauce/1 tspn dried parsley/ 1 clove of garlic (finely chopped), salt & pepper to taste  
Mix all ingredients together. Leave in fridge overnight to marinate.**

### ***Creamy Tuna***

**1 box cream cheese/2 tspn sour cream/1 can tuna (drained)/1 clove garlic (finely chopped)/ 1 tspn paprika/1 tspn chopped chives/salt  
Mix all ingredients together. Leave in fridge until required.**

### ***Hummus***

**1 can chickpeas, drained & rinsed/2 cloves garlic (finely chopped)/juice of half lemon / 6tbspn olive oil/salt & pepper/1 tspn paprika  
Put all ingredients in a food processor and blitz. Serve chilled.**

## **Egg Fried Rice – serves 4**

**2 tbsp oil/2 cloves garlic finely chopped/2 carrots (matchstick sliced)/6 spring onions, sliced/2 large eggs (whisked)/1 large bowl of pre-cooked white rice/4 tbsp dark soy sauce**

**Heat oil and fry garlic, carrots, then spring onion. After 5 mins add egg and stir into vegetables. Add rice, combine and heat THOROUGHLY. Coat rice with soy sauce & serve.**

## **Singapore Noodles – serves 4**

**1 chicken breast, sliced into thin strips/2 tspn oil/1small onion, thinly sliced/1 red pepper, thinly sliced/1 clove garlic, finely chopped/4 nests fine egg noodles/1 pinch chilli flakes/2 tspn sweet chilli sauce/2 tspn light soy sauce**

**Stir fry chicken until no longer pink, remove from pan & keep warm  
Add onion, pepper and garlic and cook for 5 mins, add chilli flakes at end**

**Cook noodles according to packet instructions, stir in with chicken mixture and add sweet chilli and soy sauces. Heat through thoroughly and serve.**

## **Pasta Salad – serves 4**

**1 tspn olive oil/2 tspn balsamic vinegar/salt & pepper/200g pasta – penne, conchiglie, farfalle etc – 1 cucumber, thin strips/1 jar sundried cherry tomatoes/2 tspn pesto/1 tspn chopped parsley**

**Mix oil, vinegar and salt & pepper for dressing**

**Cook the pasta according to pack instructions, drain and run under cold water twice. Once chilled mix in the cucumber, tomato, pesto and the dressing. Sprinkle with parsley to serve.**

## **Rice Salad – serves 6**

**180 g easy cook long grain rice/1 vegetable stockcube dissolved in 600 ml water/2 tomatoes, finely chopped/3 inches cucumber, chopped, 4 spring onions, chopped/1/2 can sweetcorn (drained)/1 tspn mint/1 tspn lemon juice/1 tspn olive oil, salt & pepper**

**Bring water to boil and dissolve stock cube. Add rice, bring back to boil, stir once, place lid on pot and leave to cook for 20 minutes. Drain and rinse thoroughly under running cold water until THOROUGHLY cold. Add all other ingredients and mix well. Serve chilled.**

## **Beetroot & Yogurt Salad - serves 8**

**500g cooked beetroots (chopped) /250g Greek yoghurt /2 tablespoons red wine vinegar/2 cloves garlic, crushed /salt and pepper /2 tspns virgin olive oil**

**In a bowl blend yoghurt, vinegar, garlic, salt and pepper and half the olive oil. Add the beetroots reserving a few pieces for garnishing. Place salad in bowl. Decorate it with the remaining pieces of beetroot and drizzle with the rest of the virgin olive oil.**

## **Healthy Chips – serves 4**

**½ dozen good sized Maris Piper potatoes/ 2 egg whites/1 tspn oil**

**Preheat oven to 180/Gas 6**

**Cut potatoes into chips. Parboil for 5 minutes, drain.**

**Whisk egg white and coat the chips. Place on oiled baking tray for 30 minutes, turning over half way through.**

## **Baked Tortilla Crisps – serves 6**

**(300g) packet flour tortillas / 1 tblspn oil / 3 tbspn lime juice / 1 tspn ground cumin / 1 tspn chilli powder / 1 tspn salt**

**Preheat oven to 180/Gas 4**

**Cut each tortilla into 12 segments and arrange in a single layer on baking tray. Mix oil, juice, spices & salt and brush over each segment.**

**Bake for 5 minutes, rotate tray and bake another 2 minutes until wedges are crisp. Serve with dips.**

## **Braided Challah Loaf – 2 loaves**

**4tblspns caster sugar / 1 tblspn salt / 4 tblspn vegetable oil / 300ml warm water / 1 tblspn dried active baking yeast / 3 eggs, slightly beaten / 750g plain flour / 1 egg, beaten - for glazing / 1 tblspn poppy seeds (optional)**

**Place sugar, salt and oil in mixing bowl Add hot water, and stir to dissolve the sugar and salt. Stir in yeast and mix in eggs. Add flour and turn out on to a floured surface.**

**Knead for a minimum of 5 minutes until soft and smooth. Make into a ball shape. Place dough into a greased bowl and turn several times to coat the surface. Cover with a damp tea towel & let rise until doubled in size. Punch down after first rising, and allow to rise a second time. (Two risings makes for a better bread, but if time is a problem just do one).**

**Divide dough in half, and divide each half into three equal parts. Make two braids, and place both breads on a greased baking tray. Cover, and allow to rise until doubled. Brush with beaten egg. Sprinkle with poppy seeds, if using.**

**Bake at 180 C / Gas 4 for 35 minutes until golden brown. Allow loaves to cool on a wire cooling rack.**

# **PIZZA, PASTA & RICE**

## **DIY Pizza – serves 6**

**Sachet dried active baking yeast / 1/2 tspn dark brown soft sugar/350ml warm water/1 tspn salt / 2 tblspns olive oil / 425g plain flour**

**In a large bowl combine all ingredients.**

**Turn out on to floured surface and knead for a minimum of 5 minutes. Roll into a ball and place in a well oiled bowl, place somewhere warm and allow to rise for 30 mins until doubled in size. Punch out for 5 more mins and allow a second rising.**

**Roll out to desired shape, coat with tomato sauce\*, grated cheese and your choice of toppings.**

### **\*Tomato Sauce for Pizza**

**Jar passata / 150g tomato purée / 1 tblspn dried oregano / 1 clove garlic finely chopped/ 1 tspn ground paprika**

**Mix all ingredients together and use to top your favourite pizza base.**

## **Creamy Mushroom Pasta – serves 4**

**Tspn olive oil / 35g butter 2 cloves of garlic, finely chopped/ 350g mushrooms, sliced/300ml vegetable stock/ 400g any pasta/450ml double cream/5 tblspns grated cheese/salt & pepper to taste**

**Heat the olive oil and butter in a large pan (wok style) and add the garlic, cook for about a minute. Add the mushrooms and season with the pepper, cook until mushrooms are ready to eat. Pour in vegetable stock until reduced by half.**

**While simmering, cook the pasta in a large pan - remember to add salt and a drop of oil to the water.**

**Once the stock has reduced add the double cream and cheese. Simmer until the mixture has become thick. Season to taste.**

**When the pasta is cooked, drain and mix into the sauce.**

## **Spinach & Ricotta Cannelloni – serves 4**

**250g chopped frozen spinach/ 225g ricotta cheese/2 egg yolks/1 clove garlic, crushed/50g grated cheese (keep a handful back)/1 tsp each dried basil & parsley/100g mushrooms, chopped/1 onion,finely diced/ 1 red or green pepper, finely chopped/pinch salt/ 1 packet dried cannelloni\*/1 large jar passata/ 2 tblspns olive oil/freshly ground black pepper to taste**

**\*If cannelloni is difficult to find use lasagne sheets and cook according to instructions**

**Preheat oven to 200/Gas 6. Lightly oil a baking dish.**

**Combine spinach, ricotta cheese, egg yolks, garlic, cheese, herbs, mushrooms, onion, pepper and salt in a large bowl.**

**Fill dry cannelloni tubes with spinach mixture. Place tubes into baking dish in a single layer. Pour passata over ensuring you cover all the pasta. Drizzle over olive oil, sprinkle with freshly ground black pepper & the reserved cheese.**

**Cover with foil, and bake for 20 minutes. Uncover and bake for a further 20 minutes.**

## **Macaroni Blossom Pasta – serves 8**

**Bag of macaroni (or similar pasta shapes)/chopped 1/2 of red, yellow and green pepper /courgette/1/2 cucumber/handful of broccoli/5 tblspns mayonnaise/1 tsp dried mixed herbs/lemon juice/salt & pepper**

**Cook macaroni (pasta) as per instructions on packet. Run under cold water to cool.**

**Chop all vegetables into bite size pieces.**

**Mix lemon juice, herbs & seasoning into mayonnaise.**

**Combine both with pasta and chill for a minimum of 2 hours.**

## **Egyptian Kushari – serves 4**

**1 tblspn vegetable oil/350g uncooked white rice/ water/1 tspn salt/450g uncooked macaroni/190g beluga lentils, soaked in water/1/2 tspn salt/1 tblspn vegetable oil/5 onions finely chopped/2 cloves garlic, finely chopped/3 tblspns vinegar/1 can chopped tomatoes/4 tblspns tomato puree/1/2 tspn salt/1 tspn black pepper/ 2 tspns cumin/ 1/2 tspn cayenne pepper**

**Soak lentils for 30 minutes. Drain, rinse & drain again.**

**Heat vegetable oil in a saucepan and stir in rice, ensure all rice is coated with oil.. Add water & salt. Bring to the boil, stir once,reduce heat and simmer for 20 mins until all water has been absorbed.**

**Bring a large pan of lightly salted water to the boil, stir in the macaroni, return to the boil and cook for 8/10 minutes. Drain well.**

**Return macaroni to pan and keep warm.**

**Bring 500ml water to the boil and stir in lentils. Bring back to the boil, then cover and simmer for 15/20 minutes.**

**Heat oil in a large frying pan and cook the onions until they begin to brown. (Onions should be a nice caramelised brown colour). Add garlic and cook for another minute. Remove from pan, drain on a kitchen paper-lined plate.**

**Place half of the onion mixture into a saucepan. Mix in the vinegar.the chopped tomatoes and tomato puree, black pepper, salt, cumin and cayenne. Bring to the boil and simmer for 10 minutes.**

**Serve by placing a spoonful of rice, then macaroni, and then the lentils on plates. Sprinkle with some of the browned onions and top with tomato sauce.**

## **MAIN COURSES**

### **Country Cassoulet – serves 4**

**1 onion chopped/2 cloves garlic/6 rashers streaky bacon/8 sausages/1 can chick peas (drained)/1 can chopped tomatoes/4 tspn paprika/pinch each of thyme & rosemary/small bag of frozen vegetables stew mix salt & pepper**

**Fry onion and garlic for 5 mins until softened**

**Add bacon and chunks of sausages and fry until browned**

**Add cans of chick peas and tomatoes, stir in herbs, vegetable mix and seasoning.**

**Bring to boil and then simmer for 40minutes.**

### **Easy Peasy Fish Cakes – serves 4**

**2 tins tuna, drained/1 onion, diced/400g mashed potatoes/flour for dusting/2 eggs, beaten/100g breadcrumbs/100ml cooking oil/salt and pepper to taste**

**In a bowl, mix the onion, tuna and potato then using floured hands, shape into 8 cakes.**

**Lightly dust with flour and dip into eggs and then breadcrumbs. Chill for 30 minutes.**

**Heat cooking oil in a frying pan on a high heat.**

**Fry the fish cakes in batches for 3 minutes on both sides and drain onto paper.**

## **Szechuan Chicken – serves 6**

**125ml soy sauce / 125ml cooking sherry / 3/4 tspn caster sugar / 3/4 tspn ground ginger / 2 tblspns cornflour / 3/4 tspn crushed chillies / 1/2 tspn garlic granules / 900g skinless, boneless chicken breasts, cut into bite-size pieces / 1 tblspn vegetable oil / 1 large green pepper, sliced / 1 large onion, quartered / 60g whole cashews (optional)**

**Whisk together the soy sauce, sherry, sugar, ginger, cornflour, crushed chillies and garlic granules in a large bowl. Add the chicken and toss to evenly coat. Cover the bowl with cling film and marinate in the refrigerator for 1 to 2 hours.**

**Heat oil in a frying pan stir in the pepper and onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Place onion and pepper on a plate and set aside. Reduce heat to medium-low, stir chicken and marinade into the same frying pan. Cook the chicken breasts until no longer pink in the centre and the juices run clear, about 15 minutes. Stir in cashews (if using) and cook for 1 to 2 minutes. Stir in the onion and pepper. Simmer for a further 10 minutes until heated through. Serve.**

## **Jerk Chicken – serves 4**

**6 spring onions, chopped / 1 onion, chopped / 1 jalapeno chilli seeded and minced / 175ml soy sauce / 125ml vinegar / 4 tblspns vegetable oil / 2 tblspns dark brown soft sugar / 1 tblspn chopped fresh thyme / 1/2 tspn ground cloves / 1/2 tspn ground nutmeg / 1/2 tspn ground allspice / 675g skinless, boneless chicken breast**

**Preheat oven to 180/Gas 5. In a food processor or blender, combine the spring onions, onion, chilli, soy sauce, vinegar, vegetable oil, brown sugar, thyme, cloves, nutmeg and allspice. Mix for about 15 seconds. Place the chicken in a medium bowl and coat with the marinade. Refrigerate for 4 to 6 hours, or overnight.**

**Transfer chicken to an ovenproof dish and cook for 40 mins.**

## **Vegetable Curry – serves 6**

**3 tblspns grated coconut/2 green chillies/2 tspns dried ginger/2 cloves garlic/ 2 tblspns oil/ 3 onions, chopped/ 500g cauliflower, chopped/ 500g potatoes, peeled and cubed/ 500g frozen peas/ 1 tspn ground turmeric/ 1 tspn ground coriander/salt to taste/50g fresh coriander, chopped/ 1 tspn garam masala**

**In a food processor, grind the coconut, green chillies, ginger and garlic to a pulp. In a large casserole or frying pan, heat the oil over medium high heat. Add the curry paste and cook for 1 to 2 mins. Add the onion, cauliflower, potato and peas, turmeric and ground coriander. Add salt to taste. After 5 minutes, add water to cover & bring to the boil. Simmer until the water has reduced and the vegetables are tender.**

**To serve sprinkle with the fresh coriander and garam masala.**

## **Homemade Beef Burger – serves 4**

**1 diced onion, chopped finely/1 tblspn oil/1 slice bread /2 tblspns milk/500g minced beef/1 tblspn soy sauce/ 1 tblspn Worcester sauce/1 egg/1 tblspn tomato puree/ 2 tspns mixed herbs/salt & pepper to taste**

**Soak bread in milk and then mix all ingredients together. Split mix into 4 equal portions. Mould each into a burger shapes. Fry over a moderate heat for 5 mins each side and a further minute each side. Alternatively place in a well oiled ovenproof dish and bake at 180/Gas 5 for 30 minutes.**

## **Chimichangas – serves 4 (or 8)**

**2 skinless, boneless chicken breast fillets/750ml water/1 tblspn chilli powder/1/2 tspn salt/1/2 tspn ground cumin/1/4 tspn black pepper/ / 1/2 tspn cayenne pepper/2 cloves garlic, finely chopped/1 onion finely chopped/1 green chilli, finely chopped/30g butter/2 tblspns plain flour/250ml water/1 cube chicken stock/125ml soured cream/salt and pepper to taste/oil for frying/8 flour tortillas/225g Cheddar cheese, grated**

**Place the chicken breasts into a large saucepan. Pour in the water and season with chilli powder, salt, cumin, black pepper and cayenne pepper, simmer 15 minutes. Stir in green chilli, onion and garlic & continue simmering until the liquid has reduced to 250ml. Remove the chicken, shred with two forks and return back to the pan. Meanwhile, melt the butter in a small saucepan over medium heat. Stir in the flour and cook for 1 minute. Whisk in the water and stock cube until the water has thickened and the stock cube has dissolved. Whisk in the soured cream; season to taste with salt and pepper. Keep warm.**

**Heat oil in a deep frying pan. Place a tortilla onto your work surface, spoon 3 tblspns of the filling halfway between the bottom edge and the centre of the tortilla. Flatten the filling into rectangle shape with the back of a spoon. Sprinkle some of the cheese over the filling. Fold the bottom of the tortilla snugly over the filling, then fold in the left and right edges. Roll the chimichanga up to the top edge, forming a tight cylinder; secure the ends with cocktail sticks. Repeat with the remaining ingredients. Cook the chimichangas, 2 at a time, in the hot oil until they are crisp and golden brown on both sides, about 1 minute per side. Drain on a kitchen towel-lined plate and remove cocktail sticks. Top with soured cream sauce to serve.**

## **Crispy Fish Goujons** – serves 4

450g firm white fish fillet, skinned/6 tbsp plain flour/1/4 tsp cayenne pepper/2 eggs, beaten/1500g fine white breadcrumbs/2 tbsp sesame seeds (optional)/salt and pepper/25g butter, melted

Cut the fish fillets into thick, finger-like strips, about 2cm wide. In a shallow bowl, mix together the flour and cayenne with some salt and pepper to season.

Put the egg in a separate bowl. Mix the breadcrumbs with the sesame seeds (if using) in a third bowl or on a plate.

Toss the fish in the seasoned flour mixture, then dip each piece first in the beaten egg and then in the breadcrumbs. Place on a lightly oiled, non-stick, baking tray and chill for 30 minutes until required. Preheat the oven to 220°C (gas 7).

Bake the goujons for 10 minutes, turning halfway through cooking. Brush with the melted butter and return to the oven for a further 5 minutes until golden and crispy. Serve immediately.

## **Meatballs** – serves 6

60g breadcrumbs (fresh or dried)/60ml cream/25g butter/2 tsp vegetable oil/1 onion, finely chopped/800g mince beef/1 egg/1 clove garlic, finely chopped/1/4 tsp ground nutmeg/1 pinch ground allspice/salt and pepper to taste

Preheat oven to 180 degrees C /gas mark 4. Pour the cream into a bowl and soak the breadcrumbs. Heat butter and oil in a large frying pan. Add onion and cook until tender. Transfer to large bowl and wipe pan clean. Add beef, egg, nutmeg, allspice, garlic and cooked onion to breadcrumb mixture. Season to taste. Use your hands to blend well and shape into 4cm meatballs. Place in an ovenproof dish. Cover with foil and cook in oven for 20 to 30 minutes or until cooked through.

## **Mexican Chilli** – serves 6

1kg beef mince/2 large onions, chopped/2 cloves garlic, chopped/2 tins chopped tomatoes/3 tbspsn gravy powder/1 to 3 tbspsn chilli powder/1 tblspn cumin/1 tin kidney beans/1 packet frozen mixed peppers

Chop the onion and garlic, and add to the pan with the mince, fry until browned. Drain off the kidney beans, wash and add to the pan. Add the frozen mixed peppers and chopped tomatoes. Add the chilli, depending on how hot you like it, 1, 2 or 3 tablespoons. Add the cumin. Let the chilli simmer on a low heat for 40 minutes then add gravy powder to the mixture to thicken.

## **CAKES & BISCUITS**

### **Apple Muffins – serves 12**

**200g plain flour/150g caster sugar/2 1/2 tspn baking powder/1/2 tspn salt/90ml semi skimmed milk/80ml vegetable oil/1 large egg/1 tspn vanilla extract/2 large apples (peeled,cored,chopped)\*/icing sugar for dusting**

**\*(for speed we used ready prepared apple which worked very well)**

**Preheat oven to 200/Gas 6. Prepare cases in muffin trays  
Combine all ingredients and mix well. Fold in apples.  
Spoon in to paper cases and bake for 15 minutes.  
Sprinkle with icing sugar when cool.**

### **Chinese Coconut Buns – serves 16**

**5 tblspns caster sugar/200ml milk/55g softened butter/1 tblspn dried active baking yeast/300g plain flour/1 egg, beaten/125g plain flour, or more if needed/55g softened butter/100g caster sugar /60g nonfat powdered dried milk/60g plain flour/80g finely grated fresh coconut (or 100g dessicated coconut)/1 egg/1 tblspn sesame seeds (optional)**

**Place 5 tablespoons sugar and milk in a small pan stir until the sugar is dissolved. Add 55g softened butter, and gently warm the mixture until the butter melts In a large bowl stir together the yeast with 300g flour until well blended, and pour the milk mixture into the flour-yeast mixture. Stir in 1 beaten egg, and mix until the mixture forms a sticky dough. On a well-floured surface knead for about 10 minutes, gradually kneading in additional flour to make a smooth, elastic dough. Form the dough into a round ball, place into an oiled bowl, and turn the dough around in the bowl a few times to coat with oil. Cover the bowl with a cloth, and allow dough to rise in a warm place until doubled, about 1 hour. Cream 55g softened butter with 100g of sugar in a bowl until the mixture is light and fluffy, and stir in dried milk powder, 60g flour, and**

the coconut until the mixture is smooth and well blended. Set the filling aside. Add a splash of milk if too dry. Working on a floured surface, punch down the dough, and cut into 2 equal pieces. Cut each piece into 8 equal-sized pieces (16 pieces total). Form each piece into an oblong bun, and flatten the bun with a floured rolling pin. Scoop up about 1 tablespoon of filling with a spoon, and place in the centre of a bun. Pull and pinch the edges of the dough together to enclose the filling in the bun. Repeat with all dough pieces, and place the filled buns, seam sides down, onto the prepared baking trays. Cover the buns with a cloth, and allow to rise in a warm place 1 hour. Preheat an oven to 190 C / Gas 5. Line baking trays with parchment. For a glossy coating, beat 1 egg in a bowl, and brush each bun with a little beaten egg. Sprinkle each bun with a few sesame seeds (optional) Bake in the preheated oven until the buns are golden brown, 10 to 15 minutes. Allow to cool before serving.

## **Crumbly Banana Squares** – serves 12

**175g Fairtrade brown sugar/175g margarine/225g self raising flour/100g porridge oats/2 Fairtrade bananas/25g Fairtrade sultanas  
Caster sugar**

**Warm oven to 200/Gas 7**

**Cream sugar and margarine. Cut in flour and oats.**

**Sprinkle half in to baking tray (8"x12"), press down lightly**

**Mash bananas and spread over base, sprinkle sultanas over the top**

**Add remaining mixture and press down lightly**

**Bake until golden – 25/30 minutes. Sprinkle with caster sugar**

**Cut once cooled**

## **Granola Bars – serves 12**

**370g porridge oats/125g plain flour/1 teaspoon bicarbonate of soda/1 tspn vanilla extract/150g butter, softened/270ml honey/5 tblspns dark brown soft sugar/340g plain chocolate chips\***

**\*( can also use nuts, sultanas etc in place of chocolate)**

**Preheat oven to 170 C / Gas 3. Lightly grease a 20x30cm baking dish. In a large mixing bowl combine the oats, flour, bicarb, vanilla, butter, honey and dark brown soft sugar. Stir in the 340g chocolate chips, sultanas, nuts etc. Lightly press mixture into the prepared dish. Bake at 170 C / Gas 3 for 18 to 22 minutes or until golden brown. Let cool for 10 minutes then cut into slices. Let bars cool completely in dish before removing or serving.**

## **Honey Cookies – serves 48**

**200g caster sugar/200g margarine/350g honey/2 eggs/1 tspn vanilla extract/1 tspn bicarbonate of soda/500g plain flour/1 tspn ground ginger**

**In a saucepan over low heat, melt together sugar, margarine and honey. Let cool.**

**Mix together eggs, vanilla, bicarbonate of soda and ginger. Gradually add to cooled honey mixture.**

**Slowly add 500g to mixture. Stir until well blended. Drop by teaspoonfuls onto baking trays about 5cm apart. Bake at 180 C / Gas 4 until golden, about 12-15 minutes.**

## **Lime Tea Biscuits – serves 12**

**2 tspn lime juice/80 ml milk/125g butter (softened)/150g caster sugar/1 egg/2 tspn lime zest/225g plain flour/½ tspn bicarbonate/1 tspn baking powder**

**Preheat oven to 180/Gas 4. Add lime juice to milk and stir. In a large bowl cream together butter & sugar until light & smooth. Add all dry ingredients, mix in egg and milk mixture. Drop by round spoonfuls onto an ungreased baking tray. Bake for 8-10 mins. Allow to cool for 5 mins on tray and then transfer to a cooling rack.**

## **Shortbread – serves 12**

**150g chilled butter, cubed/190g plain flour/4 tblspns rice flour/4 tblspns caster sugar/1 teaspoon caster sugar**

**Preheat oven to 150 C / Gas 2. Using a 20cm springform tin, line base with baking parchment.**

**Place butter, flour, rice flour and 4 tablespoons of caster sugar into a food processor bowl. Process until it resembles fine breadcrumbs. Continue processing until crumbs hold together - approximately 5 minutes.**

**Tip dough into springform tin and press evenly into base. Using a sharp knife mark dough into 12 wedges without cutting through; prick at regular intervals with a fork. Sprinkle over extra sugar.**

**Remove outside ring before placing on oven tray and bake in pre-heated oven for 50-60 minutes. Check to see if the shortbread is browning too quickly. If so, lower temperature a little. A good shortbread should retain a light colour.**

**While still warm, slide onto a board (remove base and baking parchment) and finish cutting into wedges. Transfer to wire rack to cool completely. Store in an airtight container.**

## **Lemon & Courgette Cake – serves 12**

**200g grated courgette/150g caster sugar/1 egg/125ml vegetable oil/200g plain flour/½ tspn salt/½ tspn bicarbonate of soda/¼ tspn baking powder/1 tspn cinnamon/2 tspn grated lemon zest**

**Preheat oven to 170/Gas 4. Grease a loaf tin.**

**Beat together the courgette, sugar, egg and oil.**

**Add all the dry ingredients and lemon zest. Combine well and pour into prepared tin.**

**Bake for 45 mins, remove from heat and allow to cool in the tin for 10 minutes. Turn on to a wire rack and allow to cool completely.**

## **Chocolate & Beetroot Cake** – serves 12 100g drinking chocolate/230g self-raising flour/200g caster sugar/100g dark chocolate broken into pieces/125g unsalted butter/250g cooked beetroot/3 large eggs

Preheat oven to 180 C / gas 4. Butter and flour a 18cm (7in) round cake tin. Sift flour and drinking chocolate together in a bowl, then stir in the sugar. Melt the chocolate in the microwave in bursts of 30 seconds. Puree the beetroot, add eggs and mix well. Add the beetroot mix to the dry ingredients and mix well. Pour the mix into the prepared tin and bake for 50 mins until a skewer comes out clean. Leave to cool in tin for ten minutes. Decorate by dusting with icing sugar or serve warm with custard or crème fraiche.

## DESSERTS

### George Coles Raspberry Tart with Lime Cream – serves 12

**Shortcrust pastry:** 215g plain flour/1 pinch of salt/100g cold butter, diced/grated zest of 1 lemon

**Lime cream:** juice of 2 limes/80g sugar/2 egg yolks

**Filling:** 500g frozen or fresh raspberries/215g caster sugar/4 heaped tblspns cornflour/1 tblspn lime juice

Preheat oven to 190/Gas 5. Mix flour and salt and rub in butter until resembles fine breadcrumbs. Add lime zest. Cut in a little water and form into a ball. Cover and place in fridge for 15 minutes. Flour table, roll out pastry and line a loose bottomed tin. Place a circle of foil in pastry case, add baking beans\* and bake blind for 15 mins. Remove foil and beans and bake for a further 15 mins until golden. Allow to cool ( \*use raw rice if no baking beans). Heat the lime juice with sugar and egg yolks in a double boiler, but do not boil. Stir for 10 minutes until you have a thick flowing cream. Remove from the heat and allow to cool. Spread the cooled lime cream over the cooled pastry case.

Bring the raspberries and sugar to the boil. Stir the cornflour with 4 tablespoons cold water until smooth. Add with the lemon juice to the pan. Boil, stirring constantly until the mixture thickens and becomes clear again. Remove from the heat and cool in a bowl of ice. Pour the raspberry filling over the lime cream, trying not to mix the two. Allow to set in the fridge.

### Merry Berry Smoothie – serves 2/4

**1 packet of FROZEN summer fruits 250/500g (depends how much you want to make)**

**(Cold) Milk 1-2 pints (depending on amount of fruit being used)**

**500ml-2L of (Cold) lemonade**

**Get the glass(es) you want to drink from, fill half of them with summer fruits, top up with lemonade (lemonade will fill the gaps in the summer fruits) and fill the rest of the glass with milk.**

**Pour all of the contents from each glass it into a blender, one at a time, mix until smooth (10-20 secs). Pour back into your glasses.**

## **Pancakes - serves: 6**

**250g plain flour/1/4 tspn of salt/2 large eggs/500ml milk/knob of butter for frying/caster sugar (for sprinkling)/fresh lemon (for squeezing)**

**Sift the flour and salt into a mixing bowl. Break the eggs into a bowl and then add to flour. Pour in half of the milk and whisk briskly. Add the remaining milk and whisk until the batter is smooth. Heat an 8 inch pan over a low heat. Add a small knob of butter and swirl the pan to coat the bottom. Use a ladel to spoon the pancake batter into the pan, then tilt the pan to spread the mixture out evenly.**

- 1. As it sets, shake the pan to see if the pancake is loose, then flip it over with a palette knife. Cook the other side for 30 seconds -then shake again to see if it's loose.**
- 2. Slide onto a warm plate, sprinkle over some sugar and a squeeze of lemon juice - then eat immediately!**
- 3. Cook the rest of the pancakes, one at a time but remember to melt a small knob of butter before adding the batter.**

## **Chocolate Mousse - serves 4**

**90g dark chocolate (at least 85% cocoa solids) /2 tablespoons cherry syrup /450ml double cream /flaked chocolate, to decorate**

**Break the chocolate into pieces and melt in a double boiler over barely simmering water, alternatively melt in microwave in short sharp bursts to prevent burning. Stir in the cherry syrup.**

**In a large mixing bowl. whisk the cream until soft peaks form. Very gradually, add in the melted chocolate and whisk until light and airy. Spoon or pipe the mousse into 4 dessert glasses. Sprinkle with flaked chocolate. Serve slightly chilled.**

## **Traffic Light Jelly - serves 6**

**1 pack each of green (lime), orange & red (strawberry) jelly**

**Boiling water**

**6 tall glasses**

**Make up jelly, one by one, according to packet instructions starting with the lime.**

**Leave to set fully each time before adding the following colours - orange and strawberry.**

## **Treacle Tart - serves: 8**

**For the shortcrust pastry: 100g plain flour/50g butter/1 tspn sugar/pinch of salt/a little water**

**For the filling: 3 thick slices white bread (crusts removed)/4 tblspns golden syrup. Mix the flour, sugar and salt together and rub the butter into the dry mix until it resembles breadcrumbs, add a little cold water until the dough is smooth but not sticky. Roll into a ball cover in cling film and pop in fridge for 30 mins. Preheat oven to 200°C.**

**Prepare the tart filling by making small chunks out of the white bread slices and place them into a large bowl. Add the golden syrup and stir until the mixture is smooth. Roll out the pastry on a floured surface to fit a 25cm tart tin. Pour the syrup mix into the pastry case and place in the oven at 200°C for 20 minutes and then 180°C for 10 minutes. Allow to cool completely on a cooling rack then remove from tin.**

## **Strawberry Cheesecake - Serves 12**

**225g cream cheese, softened/5 tblspns caster sugar/200ml double cream, whipped /1 (23cm) prepared digestive biscuit base/175g sliced fresh strawberries**

**Beat cream cheese and sugar until smooth. Fold in whipped cream. Spoon mixture into biscuit base. Refrigerate for 2 hours. Once the cheesecake has set, garnish with sliced strawberries. Serve.**

## **Luxury Chocolate Sauce**

**150g dark chocolate/10g butter/4 tblspns golden syrup/75ml water**

**Break up chocolate into small squares. Place all ingredients in microwaveable jug/bowl. Heat for 1 min and 30 seconds and further 30 min blasts until butter & chocolate have melted. Stir to combine and mix will turn glossy.**

## **Butter Beer**

**Bottle of cream soda/ 2 tblspns toffee/butterscotch sauce/ vanilla or toffee ice cream**

**In a glass jug mix together the soda and toffee/butterscotch sauce. Just prior to serving, in individual glasses, add a scoop of your preferred ice cream.**