

Eatwell Guide

Check the label on packaged foods

Each serving contains

Energy	Fat	Saturated fat	Sugars	Salt
1045kJ 250kcal	5g	1.3g	3.4g	0.9g
12.5%	LOW	LOW	HIGH	MED
	7%	6.5%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal

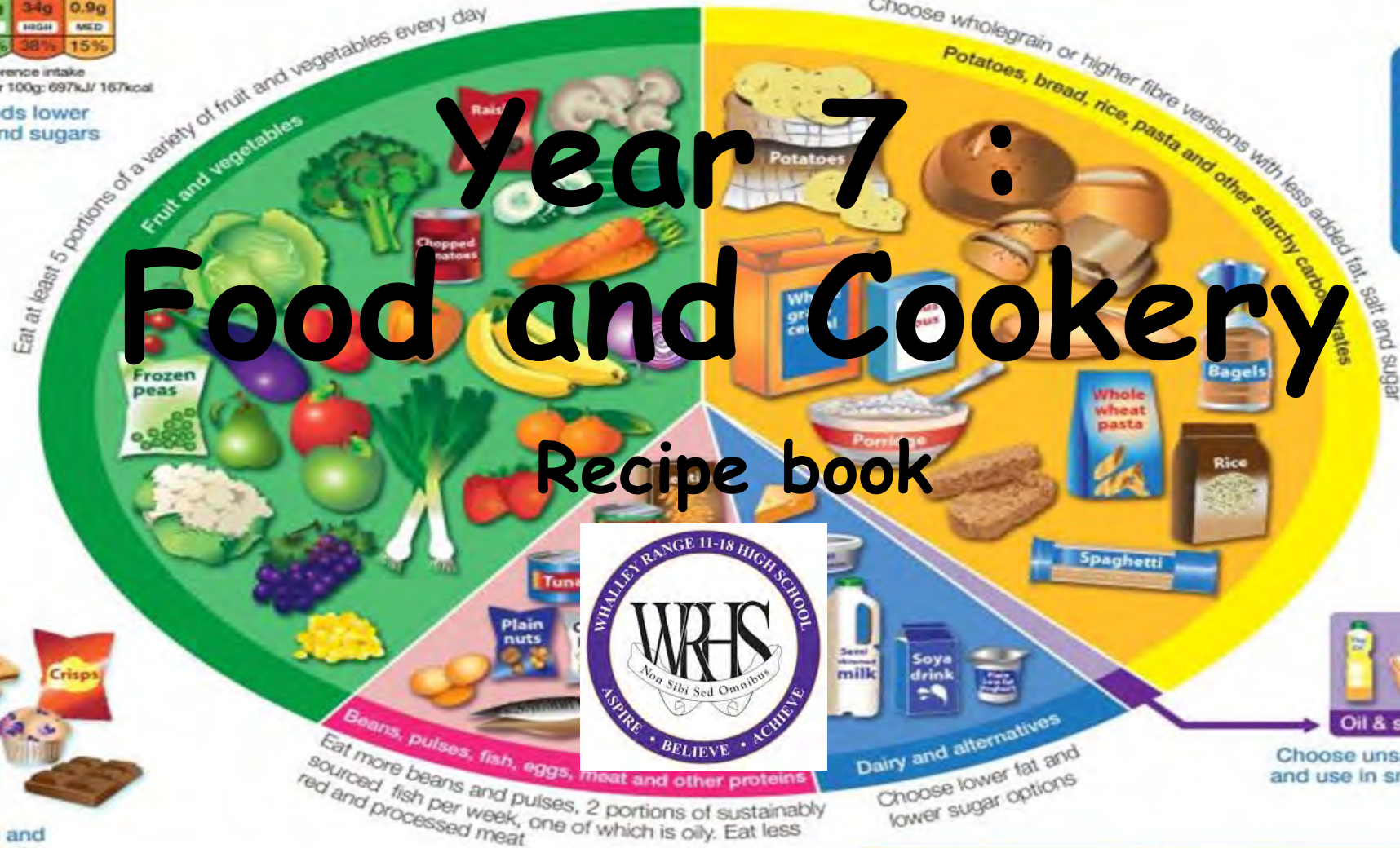
Choose foods lower
in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.



Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

**Allergen
advice-**
Strawberry/
Kiwi

**Storage
instructions:**
Keep in the
fridge at **0-5°C**
1-2 days.

Ingredients

- 1. Orange
- 1. Apple
- 2 Fruits of your choice
- 100ml Fruit juice

Orange



Plum



Fruit Salad

1. Measure 100mls of fruit juice and place in a large mixing bowl.
2. Peel, slice, dice your fruits use the bridge and claw techniques.
3. place into a bowl and fold in.

Pineapple



Mango



ALLERGEN ADVICE

Soya



Storage instructions:

Keep in the fridge at 0-5°C for 1-2 days.

Reheating instructions:

Reheat in a wok over a medium to high heat for 3-4 minutes. Always reheat food until it is steaming hot all the way through- above 75°C for at least 30 seconds (you should only do this once)

Vegetable Stir Fry

Ingredients

1 tbsp vegetable oil
1 onion
1 carrot
1 pepper
1 small floret of broccoli
1tbsp soy sauce

Method

1. Prepare the vegetables using a sharp knife on a white chopping board. Put the peelings/ rubbish onto a paper towel.
 - peel and slice the onion
 - peel and cut the carrots into julienne
 - Prepare other vegetables
2. Heat the oil in a large pan or wok and stir fry the vegetables until softened. Start with the carrot and onion, then add the rest of the vegetables. Stir using a wooden spoon. If vegetables begin to stick add a splash of cold water from the measuring Jug.
3. Switch off the heat and add soy sauce and stir well.
4. Put into your container



Allergen

advice-

Cereals
containing
gluten
(wheat),
celery,
Eggs



Storage instructions:

Keep in the
fridge at 0-
5°C for 1-2
days.

Pasta salad

- 50g Pasta shapes
- 1 level tablespoon low fat mayonnaise
- 1 tablespoon Red Kidney Beans
- 1 tablespoon Chick Peas
- 1 tablespoon cooked sweetcorn
- 1 Piece Red /Green /Yellow Pepper
- 1 Piece of Cucumber
- 1 piece of Onion
- 1 Cherry Tomato
- 1 Piece of celery

Method

1. Half fill a medium saucepan with hot water and put on to boil.
2. Add pasta to boiling water and cook for 10-12 minutes.
3. Using a sharp knife and chopping board, prepare your other ingredients.
 - Peel and finely dice the onion
 - Dice the cucumber and pepper
 - Slice the celery
 - Quarter the tomatoes
4. Drain pasta in a colander and refresh with cold water. Place into the large mixing bowl
5. Add prepared ingredients and fold in gently with a tablespoon spoon.
6. Add low fat mayonnaise and seasoning fold in gently.
7. Place salad into foil container.
8. Wash and clear up.



Allergen

advice- Cereals containing gluten (wheat & oats), milk



Storage instructions:

Keep in the fridge at **0-5°C** for 1-2 days.

Reheating instructions:

Place in oven at 200 °C for 15-20 mins. Always reheat food until it is steaming hot all the way through- above 75°C for at least 30 seconds (you should only do this once)

Fruit Crumble

Ingredients - Fruit

- 1 Large Cooking Apple/2 medium eating apples
- 1 level Tbsp. Sugar
- $\frac{1}{2}$ Tsp Spice cinnamon

1. Peel the apple using a vegetable peeler.
2. Core the apples, and slice thinly.
3. Collect a foil tray and write your name on the bottom
4. Put the apple into the foil tray
5. Measure 1 tbsp sugar on your plate and sprinkle over the fruit



Ingredients - crumble

- 100g Plain flour
- 50g Hard Margarine
- 2 level tablespoon Sugar
- 1Tbsp -Oats



Method

1. Pre Heat oven to 200°C
2. Weigh the flour onto your plate and put into a large mixing bowl
3. Add the margarine, cover with flour and cut up into small pieces using a table knife
4. Rub the margarine into the flour using the fingertips until it resembles breadcrumbs
5. Measure the sugar and oats stir into the breadcrumbs
6. Sprinkle the crumble topping over the fruit.
7. Place on a baking tray and bake at 200°C for 20-25mins. Serve with custard, cream or ice cream

Allergen advice-
Cereals containing gluten (wheat), milk



Storage instructions:
Store in an airtight container in a cool dry place for 1-2 days.

Ingredients- Bread Rolls

150g strong bread flour
1/2 Tsp Sugar
1/2 Tsp dried yeast
Approx 100ml lukewarm water
1/4 Tsp Salt

Bread Dough Method

1. Put flour, yeast, salt, and sugar into a large mixing bowl.
2. Measure 100ml of lukewarm water into a jug
3. Add water to flour a bit at a time stirring with a table knife.
4. Bring together into a ball and knead on a lightly dusted surface for 10 mins until soft and stretchy. Divide into 3 pieces
5. Shape each piece of dough into a bread roll- use ideas sheet to help.
6. Place onto a greased baking tray.
7. Leave the dough to prove .
8. Brush the dough with milk to glaze.
9. Place baking tray into pre heated oven at 200°C.
10. Bake for 20-25 mins until golden brown in colour.



Allergen advice-
Cereals containing gluten (wheat), milk



Storage instructions:
Store in an airtight container in a cool dry place for 1-2 days.

Fruit Scones

Ingredients

100g Self Raising Flour
 $\frac{1}{4}$ tsp baking powder
25g Margarine
4 Tbsp Milk



Flavouring : 1Tbsp dried fruit
1 Tbsp caster sugar

Method

- 1.Preheat Oven: 200°C.
- 2.Collect equipment and ingredients. Grease baking tray.
- 3.Place the flour, baking powder and margarine into a mixing bowl. Cut margarine into small pieces.
- 4.Rub in the margarine using fingertips until it resembles breadcrumbs.
- 5.Stir in the caster sugar and dried fruit.
- 6.Add the milk a little at a time stirring well after each addition with a table knife. The dough should be soft but not sticky. **You may not need all the milk!**
- 7 Bring the dough together into a ball, then pat out with the palm of your hand., on a lightly floured surface .
The dough must be $1\frac{1}{2}$ cms thick. Use the blade of a knife as a guide.
8. Cut out with small pastry cutter, you should make 4-6scones.
- 9.Glaze- Brush with a little milk.
10. Bake for 12-15 minutes until golden brown.

**Allergen
advice-**
Cereals
containing
gluten
(wheat),
milk, egg



**Storage
instructions:**
Store in an
airtight
container in a
cool dry
place for 1-2
days.

Muffins

Dry Ingredients

50g white Self Raising flour
50g wholemeal flour
1/2 level tsp baking powder
2 tbsp caster sugar
1 tbsp Sultanas
1 Carrot
1 tsp mixed spice

Method

1. Pre- heat oven to 200°C
2. Peel and grate the carrot and put into a small mixing bowl.
3. Measure 50g of self raising flour and 50 g of wholemeal flour and add to the large mixing bowl.
4. Measure sugar, sultanas, mixed spice and baking powder onto a plate.
5. Measure milk into a measuring jug, add oil and egg and whisk together with a fork.
6. Stir sugar, sultanas, mixed spice and baking powder into flours using a wooden spoon.
7. Add carrot to the flour and stir well with wooden spoon.
8. Pour the milk, egg and oil into the flour mixture and mix well with a wooden spoon to make a soft batter.
9. Spoon batter mix equally into 9 paper cases using a table spoon and a teaspoon.
10. Bake for 15-20 minutes at until the muffins have risen and are golden brown.
11. Leave to cool in the baking tin then carefully take the muffins out and allow to cool on a cooling rack.

Wet Ingredients

4 tbsp milk
1 egg
4 tbsp vegetable oil



Allergen advice-
Cereals containing gluten (wheat), milk, egg



Storage instructions:

Keep in the fridge at 0-5°C for 1-2 days.

Reheating instructions:

Reheat in oven 180°C for 20 minutes. Always reheat food until it is steaming hot all the way through-above 75°C for at least 30 seconds (you should only do this once)

Macaroni Cheese

Cheese sauce

300mls Milk
20g Margarine
2 level measuring tblsp Flour
50g Grated Cheddar Cheese - for cheese sauce
75g Macaroni or short shaped pasta
25g Grated Cheddar Cheese - for topping

Method

1. Fill saucepan half full of hot water and bring to the boil.
2. Add pasta to the saucepan of boiling water and cook until soft.
3. Drain pasta in colander and refresh in cold water. Wash up the saucepan.
4. Place milk and flour into a measuring jug and whisk until there are no lumps.
Remove the whisk.
5. Pour into saucepan and add margarine turn on a low to medium heat and heat the milk stirring all the time with a wooden spoon until the sauce boils and thickens.
6. Remove from heat and stir in the grated cheese.
7. Put the cooked pasta in an oven proof dish and top with the cheese sauce.
8. Sprinkle the 25g of cheese over the top of the cheese sauce.
9. At home bake in oven gas 4/180°C for 10-15mins until golden brown.



Allergen advice-
containing
milk, egg



Storage instructions:

Store in a fridge
0-5°C, eat within
1-2 days
can be eaten hot
or cold

Reheating instructions:

Reheat in a pan
over a medium
to high heat for
3-4 minutes.
Always reheat
food until it is
steaming hot all
the way through-
above 75°C for at
least 30 seconds
(you should only
do this once)

Ingredients-Frittata

150g Potato

1 onion

2 eggs

2 Tbsp Milk

1 Tbsp. Peas

1 Tbsp. Sweetcorn

1 Tbsp. oil

Pinch Salt, Pepper,
 $\frac{1}{2}$ tsp dried Thyme and
paprika.
25g Cheese



Method

1. Pre heat your oven to 200°C, label and grease your foil tray
2. Half fill a saucepan with hot water, place on the hob on a high heat and bring to the boil.
3. Peel and dice (1cm) the potato, place the diced potato carefully into the boiling pan, turn down to a simmer, and cook for 10 mins.
4. Collect peas and sweet corn on your plate and put them into your pan with the potatoes after 8 mins.
5. Break 2 eggs in a jug add the milk and whisk with a fork.
6. Peel and finely dice your onion put it on your plate.
7. After 10 mins drain potatoes into a colander, place in a large mixing bowl. Wash and dry the saucepan.
8. Add salt, pepper, thyme and paprika to your potatoes, peas and sweet corn.
9. Add the oil to the empty pan and add the onions and sauté (cook gently until soft) for 1-2 mins stirring with a wooden spoon. Add to the potato and vegetables in the large mixing bowl.
10. Fold together gently with a tablespoon and place potato mixture into a lightly oiled foil baking dish.
11. Grate the cheese onto the plate.
12. Pour egg mixture over the potato mixture and sprinkle the cheese over the top.
13. Place dish on to a baking tray and Bake for 20- 25 mins until Golden Brown in colour.
14. Remove tray from oven and place on wooden triangle, leave to cool.

Allergen advice-
Cereals containing gluten (wheat), milk, egg



Storage instructions:
Store in an airtight container in a cool dry place for 1-2 days.

Chocolate Sprinkle Cup Cakes

Ingredients

50g Self Raising Flour
50g Caster Sugar
50g Margarine
1 Egg
12 chocolate buttons
sprinkles



Method - Cakes

1. Pre- heat oven to 180°C
2. Weigh flour and sugar onto a plate , collect margarine in a large mixing bowl, crack egg into a measuring jug.
3. Soften margarine in a large mixing bowl, add SR flour, caster sugar and egg to the bowl.
4. Cream with a wooden spoon until light and fluffy
5. Divide evenly into cake cases and bake for 15-20mins at 180°C
6. When cakes are cooked they will be **well risen, golden brown** and when pressed in the centre they will **bounce up**.

Method - decorating

1. Lift cakes out of oven and place onto a triangle in the bun tin
2. Place 2 chocolate buttons on top of each cake and then lift out onto a cooling rack.
WASH AND DRY THE BUN TIN
3. As they melt, take one at a time, spread out the chocolate with a table knife, place onto a plate and add sprinkles.
4. Move back to the cooling rack
5. Allow to cool .

Entrwell Guide

Use the Entrwell Guide to help choose a variety of healthy and tasty seasonal foods of different types of what you eat. These foods come from different areas.

Year 8 : Food and Cookery

Recipe book



Allergen advice-

Cereals
containing gluten
(wheat), soya,
egg



Storage

instructions: Keep
in the fridge at 0-
5°C for 1-2 days.

Reheating

instructions:

Reheat in a wok over a
medium to high heat
for 3-4 minutes.
Always reheat food
until it is steaming hot
all the way through-
above 75°C for at least
30 seconds (you
should only do this
once)

Vegetable and noodle stir fry

Ingredients

100g (approx.) noodles
1 tbsp oil
1 onion
1 carrot
1 pepper
1 small floret of broccoli
1 tbsp soy sauce

Method

1. Half fill a wok with hot water and bring to the boil
2. Carefully add the noodles and bring back to the boil. Reduce heat and simmer for 3-4mins (check time on your noodles)
3. Drain in a colander and rinse in cold water - place in a large mixing bowl - Rinse the wok
4. Prepare the vegetables
 - peel and slice the onion
 - peel and chop the carrots into julienne
 - Core and slice the peppers into strips
 - Cut the broccoli into florets
5. Heat the oil in a large pan or wok.
6. Add the carrot and onion and stir with a wooden spoon whilst cooking
7. Add the peppers and broccoli and continue stirring
8. If the vegetables start to stick add a splash of water.
9. Once cooked turn off the heat and add the stir fry vegetables to the noodles in the large mixing bowl
10. Stir in 1 tbsp of soy sauce
11. Put into your container



Allergen advice-
Cereals containing gluten (wheat), egg



Storage instructions:
Keep in the fridge at 0-5°C for 1-2 days.

Reheating instructions:
Reheat in oven 180°C for 20 minutes. Always reheat food until it is steaming hot all the way through-above 75°C for at least 30 seconds (you should only do this once)

Eves Pudding

300g fresh fruits

1 level Tbsp. Sugar

Method

1. Pre heat oven to 190°C
2. Prepare your fruit. All fruit to be diced or sliced. Peeling if required.
3. Collect a foil tray and write your name on the bottom
4. Arrange the prepared fruit in the foil container
5. Stir in 1 tbsp. sugar.

Ingredients - sponge

50g Soft Margarine

50g SR flour

50g Caster Sugar

1 Egg

$\frac{1}{2}$ tsp spice-nutmeg, cinnamon, ginger or mixed spice

Method

1. Add SR flour, margarine, caster sugar, spice and eggs to the bowl.
2. Cream with a wooden spoon until light and fluffy
3. Spread the sponge mixture over the cooked fruit.
4. Place on a baking tray and bake at 190°C for 25-30 mins.



**Allergen
advice-** None

**Storage
instructions:**
Keep in the
fridge at **0-5°C**
for 1-2 days.

**Reheating
instructions:**
Reheat in a pan
over a medium
to high heat for
3-4 minutes.
Always reheat
food until it is
steaming hot all
the way
through-above
75°C for at least
30 seconds (you
should only do
this once)

Chick Pea, Spinach and Sweet Potato curry

Ingredients

1 onion
1 clove garlic
1 small sweet Potato
400g tin of chopped tomatoes
1 Tin of Chick Peas
2 Tbs Curry Paste
1 Tbs vegetable Oil
3 handfuls of fresh or frozen spinach
Splash of water

Method

1. Prepare your ingredients
 - a. Put $\frac{1}{2}$ a sauce pan of hot water on to boil.
 - b. Peel and dice the sweet potato into 1cm cubes. Place in boiling water and cook for 5mins until beginning to soften.
 - c. Peel and slice the onion
 - d. Peel and finely dice the garlic.
 - e. Drain the tin of chick peas
 - f. Open the tomatoes.
 - g. Drain potatoes in a colander and place into a bowl. Wash and dry the pan.
2. Add 1 tbsp of oil to the pan, sauté the onion and garlic in the oil until soft but not brown.
3. Stir in the curry paste, sweet potato, drained chick peas, tomatoes and (water only if needed.)
4. Bring to the boil and simmer for 10-15mins or until the sweet potato is tender and cooked.
5. Stir in the fresh or frozen spinach and cook for 2 mins



**Allergen
advice-**
Cereals
containing
gluten
(wheat)



**Storage
instructions:**

Store in an
airtight
container in a
cool dry
place for 1-2
days.

Melting Moments

50g Soft Margarine
25g Caster Sugar
75g SR Flour
1/2 Tsp Vanilla Essence
1 Tbsp Rolled Oats
2 Glace Cherries



1. Preheat Oven to 180°C
2. Cream margarine and sugar together until light and fluffy using a wooden spoon
3. Add Vanilla Essence
4. Fold in the flour using a Tablespoon, then bring together with your hands gently until a soft dough is formed.

If a soft dough isn't formed add 1 tbsp of milk until a dough is formed(.See Teacher)

1. Divide the dough into 4 and each piece into 2, to make 8 pieces
2. Roll each piece into a ball and roll in rolled oats, slightly flatten and place on greased baking sheet. Leave space between as biscuits will spread.
3. Cut each cherry in quarters and put a quarter of a cherry in the middle of each one and bake for about 15-20mins
4. Remove from baking tray and leave to cool on cooling rack.

Allergen advice-
Cereals containing gluten (wheat), milk



Storage instructions:
Store in an airtight container in a cool dry place for 1-2 days.

Scones

Ingredients

100g Self Raising Flour
Pinch salt
 $\frac{1}{4}$ tsp baking powder
25g Margarine
3 Tbsp Milk (plus extra for glaze)

Flavouring : 50g grated cheese



Method

- 1.Preheat Oven: Gas Mark 7/220oC.
- 2.Collect equipment and ingredients. Grease baking tray
- 3.Place the flour, baking powder and salt into a mixing bowl.
- 4.Rub in the margarine using fingertips until it resembles breadcrumbs
- 5.Stir in the grated cheese.
- 6.Add the milk a little at a time stirring after each addition. The dough should be soft but not sticky. **You may not need all the milk!**
- 7 Knead lightly, then pat out. The dough must be $1\frac{1}{2}$ cms thick. Use the blade of a knife as a guide.
8. Cut out with small pastry cutter.
- 9.Brush with a little milk (glazing)
10. Bake for 12-15 minutes until golden brown.

Allergen advice-

Cereals
containing
gluten (wheat),
milk



Storage

instructions: Keep
in the fridge at 0-
5°C for 1-2 days.

Reheating

instructions:
Reheat in oven
180°C for 20
minutes . Always
reheat food until it is
steaming hot all the
way through-above
75°C for at least 30
seconds (you should
only do this once)

Pizza Base

200g strong bread flour
1 Tsp Sugar
1 Tsp dried yeast
 $\frac{1}{2}$ Tsp Salt
Approx 150 ml warm water



Pizza Dough Method

1. Put flour, yeast, salt and sugar into a bowl.
2. In jug put 200ml of lukewarm water .
3. Add liquid to flour mixture a bit at a time. **YOU MAY NOT NEED ALL OF IT**
4. Bring together into a ball and knead on dusted surface for 10 mins until soft and stretchy
5. Roll out and put onto a greased baking tray. Pinch edges to make a crust.
6. **Assemble the pizza**
7. Prepare your toppings ensuring everything is finely sliced.
8. Top your pizza with your sauce and then add your prepared toppings
9. Bake for 20-25mins at 200°C

Allergen advice-

Cereals
containing
gluten (wheat),
milk, eggs



Storage

instructions: Keep
in the fridge at 0-
5°C for 1-2 days.

Reheating

instructions:

Reheat in oven
180°C for 20
minutes . Always
reheat food until it is
steaming hot all the
way through-above
75°C for at least 30
seconds (you should
only do this once)

Chicken Nuggets

1 Skinless chicken Breast

2 Slices of bread

1 Egg

1 rounded tablespoon of Plain Flour

Seasoning - paprika, pepper, chilli, mixed herbs



Method

1. Preheat oven to 220°C
2. Line baking tray with foil and grease the foil.
3. Tear your bread into small pieces and use the food processor to make breadcrumbs, put into LARGE mixing bowl. Add seasoning to the breadcrumbs.
4. Put 1 tbsp flour onto a plate add salt and pepper.
5. Crack your egg into a SMALL bowl and whisk with a fork.
6. Cut chicken into chunks, lay out on the RED chopping board.
7. Coat all the chicken in flour, then dip piece by piece into the egg and then the breadcrumbs.
8. Place each piece onto a well greased baking tray
9. Bake for 15-20mins.
10. Cut one piece in half and make sure it is white all the way through to see if it is fully cooked.

Allergen advice-
Sesame
Mustard

Storage

instructions:

Keep in the fridge at 0-5°C for 1-2 days.

Reheating instructions:

Reheat in a oven 200°C 8-10 mins. Always reheat food until it is steaming hot all the way through-above 75°C for at least 30 seconds (you should only do this once)

Ingredients - Burgers

250g minced Beef/ lamb/ Chicken/ plant based mince (NOT FROZEN, NOT PIECES OF CHICKEN BREAST)

1 tablespoon of breadcrumbs

1 small Onion grated

1 teaspoon Dijon Mustard

Salt and pepper

1/2tsp any dried herbs (see selection)



To Serve : (Optional)

2 Bread rolls

Shredded lettuce,
Sliced tomato, onion,
burger sauce/
mayonnaise/ Ketchup
sliced cheese

Burger Method

1. Lightly grease the foil on an **edged** baking tray.
2. Pre- heat oven 200c
3. Peel and grate onion
4. Collect ingredients in a bowl, leaving MEAT until LAST.
5. Blend together using your hands
6. Turn out burger mix onto a red chopping board. Split into 2 equal pieces and shape firmly into burger shapes. Wet your hands slightly to help the shaping process. Place onto a baking tray ****WASH YOUR HANDS****
7. Place into a hot oven and cook for 20-25 mins. Flipping the burgers carefully half-way through the cooking time .
8. Check to ensure burgers are cooked - use a food Probe (**CLEAN INSERT INTO CENTRE AND HOLD FOR 2 MINS THE TEMP SHOULD READ 75C)**
9. When cooked assemble your burgers for serving
10. **OPTIONAL**
 - ❖ Cut bread rolls in half and top with lettuce/tomato/onion/mayo (optional)
 - ❖ Top with burger and sliced cheese.

Allergen advice-
Cereals containing gluten (wheat), milk



Storage instructions:
Store in an airtight container in a cool dry place for 1-2 days.

Butterfly Buns

Sponge

50g Self Raising Flour
50g Caster Sugar

50g Soft Margarine
1 Eggs

Method

1. Pre heat oven to 180°C
2. Put 6 cake cases in baking tray
3. Soften margarine in large mixing bowl with a wooden spoon
4. Add SR flour, caster sugar and egg.
5. Cream together until light and fluffy with wooden spoon
6. Using 2 spoons divide the mixture between 6 cake cases. Bake for 15-20mins until golden brown and well risen.
7. Whilst cakes are cooking wash up
8. Soften 20g Margarine in small bowl with a wooden spoon
9. Add icing sugar a spoon at a time, mixing well until icing is made.
10. Remove from cakes from oven and allow to cool on cooling rack.
11. When the cakes are cold, using a knife and chopping board remove the top of the cake by cutting into the cake at a 45° angle
12. Cut the tops in half
13. Spread a small amount of buttercream into the hole
14. Top with the two halves to make it look like butterfly wings

Buttercream

20g Block Margarine
40g Icing Sugar
(3 level tbsp measures)



Use the Entrwell Guide to help choose a variety of healthy and tasty seasonal foods of different types of what you eat. These foods come from different areas.

Year 9 : Food and Cookery

Recipe book



**Allergen
advice-**
Cereals
containing
gluten
(wheat)



**Storage
instructions:**
Store in an
airtight
container in a
cool dry
place for 1-2
days.

Garlic and Rosemary Focaccia

Ingredients

- 1 tsp Sugar
- 1 tsp of yeast
- Approx 200ml tepid water
- 250g strong bread flour
- 1 tsp salt

Method

1. Add flour, yeast, sugar and salt to mixing bowl.
2. Add water bit by bit until a soft dough is formed
3. Knead until smooth and stretchy - about 10mins
4. Shape and put on greased baking tray and make indentations with your finger tips
5. Leave on work surface to rise.
6. Wash Up
7. Make more indentations with your fingers
7. Put 2 tablespoons of garlic and Rosemary Oil and make more indentations with your fingers.
8. Bake for 15mins at 220°C until golden brown in colour



Allergen advice-
Cereals
containing
gluten (wheat),
milk, eggs



Storage
instructions: Keep
in the fridge at **0-5°C** for 1-2 days.
Can be eaten cold
or hot

Reheating
instructions:
Reheat in oven
180°C for 20
minutes . Always
reheat food until it is
steaming hot all the
way through-above
75°C for at least 30
seconds (you should
only do this once)

Quiche / Cheese Flan

Shortcrust Pastry

100g Plain flour
50g Block Margarine
2-3 tbsps cold water

Filling

2 Eggs
1 Onion diced
50-75g Grated cheese
4 tbsps milk
Salt and pepper
1 tomato

Method (pastry)

1. Weigh out the flour and place into a large mixing bowl.
2. Cut the margarine into small pieces.
3. Using your fingertips rub the margarine into the flour until it resembles breadcrumbs.
4. Add cold water a little at a time.
5. Mix with a table knife until a soft but not sticky dough is formed
6. On a floured work surface roll and turn the dough
7. Collect a foil tray and write your name on the bottom

1. Line the foil tray and trim the edges
2. Roll out the dough and line the foil tray. Place onto a baking tray
3. Grate the cheese, dice the onion and slice the tomato put them on a plate. Beat the eggs and milk in a jug using a fork
4. Put the onion in the pastry case, sprinkle the cheese over and decorate with sliced tomato, season with salt and pepper.
5. Pour the egg mixture over the fillings and bake for 25-30 minutes until golden brown and firm to the touch.



Allergen advice-

Cereals
containing
gluten (wheat),
milk

Storage

instructions: Keep
in the fridge at 0-
5°C for 1-2 days.

Reheating

instructions:

Reheat in oven
180°C for 20
minutes . Always
reheat food until it is
steaming hot all the
way through-above
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seconds (you should
only do this once)

Calzone

Ingredients Dough:

- 125g strong bread flour
- $\frac{1}{2}$ tsp salt
- $\frac{1}{2}$ tsp yeast
- $\frac{1}{2}$ tsp sugar
- $\frac{1}{2}$ tbsp vegetable oil
- 100mls warm water

Ingredients filling:

- 2 tablespoons of sweetcorn/ diced peppers/ chopped onion/ sliced olives/ chopped fresh tomatoes
- 2 tablespoons of chopped cooked meat- pepperoni/ chicken/ tuna/ ham
- 30g Grated cheese
- 2 tbsp pizza sauce



Method

1. Pre- heat oven 220 °C , grease a baking tray.
2. Add flour, yeast, sugar, salt and oil to mixing bowl.
3. Add water bit by bit until a soft dough is formed
4. Knead until smooth and stretchy - about 5mins.
5. On a floured work surface roll out the dough into a circles. Brush the outside of each circle with water.
6. Mix all the fillings ingredients together in a small bowl and divide in half.
7. Spoon the filling onto **one side** of the circle of dough . **Do not over fill.**
8. Fold the dough over to create a pasty shape.
9. Seal the edges using your fingers and then crimp the edge .
10. Place onto a greased baking tray.
11. Glaze top with milk.
12. Bake for 15-20 mins at 220°C until golden brown in colour.



Allergen advice-
Cereals
containing
gluten (wheat)

**Storage
instructions:** Keep
in the fridge at **0-
5°C** for 1-2 days.

**Reheating
instructions:**
Reheat in oven
180°C for 20
minutes . Always
reheat food until it is
steaming hot all the
way through-above
75°C for at least 30
seconds (you should
only do this once)

Mexican chicken fajitas

- 1 garlic clove
- 1 teaspoon paprika
- 1 teaspoon coriander
- $\frac{1}{4}$ tsp chilli powder
- Pinch salt and pepper
- 1 Tbsp Vegetable Oil
- 2 tablespoons lemon juice

Mediterranean chicken flatbread

- 1 garlic clove
- 1 teaspoon parsley / oregano
/ mixed herbs
- Pinch salt and pepper
- 1 Tbsp Vegetable Oil
- 2 tablespoons lemon juice

Indian chicken wraps

- 1 garlic clove
- 1 teaspoon garam masala
- $\frac{1}{4}$ teaspoon chilli powder
- Pinch salt and pepper
- 1 Tbsp Vegetable Oil
- 2 tablespoons lemon juice

Filling (for all)

- 1 red or green or yellow pepper
- $\frac{1}{2}$ large red or white onion
- 1 skinless, boneless chicken breasts

Method 1 - Preparation

1. Slice the pepper into strips and peel and slice the onion
2. Finely chop the garlic
3. Measure any spices onto a plate (see above)
4. In a large bowl mix together herbs and spices Slice your chicken lengthways into long strips, the same size as your pepper strips
5. Add the peppers, onion and chicken into the bowl and mix well.

Method 2-To cook your chicken filling

1. Put your small wok / frying pan on a high heat and add chicken mix, move around the pan quickly
2. Cook for 6 to 8 minutes, until the chicken is golden and cooked through, **NO PINK COLOUR WHEN CUT IN HALF**
3. Keep moving the pieces of chicken and vegetables so they don't burn - you just want them to lightly chargrill, remove from heat.



Salsa

- 2 large ripe tomatoes
- $\frac{1}{2}$ large red or white onion
- 1 tbsp lemon juice
- $\frac{1}{2}$ red / green chilli
- Salt and pepper

Met!



1. Finely dice the red chilli and onion
2. Roughly dice the tomatoes.
3. In a small bowl mix together the lemon juice, oil, red chilli, salt and pepper.
4. Add the onions and chopped tomatoes and mix well

Raita

- 250g natural yogurt
- Handful of fresh coriander
- $\frac{1}{4}$ tsp cumin
- $\frac{1}{2}$ cucumber

Method

1. De seed cucumber and finely grate
2. Finely chop coriander
3. Mix together with yogurt
4. Season with cumin

Tzatiki

- 250g natural yogurt
- Handful of mint
- $\frac{1}{2}$ cucumber
- 1 clove of garlic
- Salt and pepper

Method

1. De seed cucumber and finely grate
2. Finely chop mint and garlic
3. Mix together with yogurt
4. Season with salt and pepper

Allergen advice-
milk,



Storage

instructions: Keep
in the fridge at 0-
5°C for 1-2 days.
To be eaten cold

Harissa yogurt dip

- 250g natural yogurt
- 1 tbsp lemon juice
- 1 tsp harissa paste
- 1 clove of garlic

Method

1. Finely chop the garlic
2. Mix lemon juice, garlic and harissa paste with yogurt
3. ****Wash your hands after using harissa paste and do not touch any part of your body****



Allergen advice-
Cereals
containing
gluten (wheat),
milk, eggs



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in the fridge at **0-5°C** for 1-2 days.

Reheating instructions:
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reheat food until it is
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way through-above
75°C for at least 30
seconds (you should
only do this once)

Lasagne

Bolognese Sauce

Ingredients

250g good-quality
minced beef, pork, chicken or lamb
1 medium onion
400g tin of chopped tomatoes
1 Tbs Tomato Puree
 $\frac{1}{2}$ Tbs vegetable Oil
1 clove garlic
Pinch of salt and pepper
 $\frac{1}{2}$ tsp dried mixed herbs
1 Stock cube
Additional vegetables - mushroom, pepper, carrot



Method

1. Peel and finely chop the onion and garlic.
2. Cook the onion and garlic until soft but not brown..
3. Stir in the minced meat and keep stirring until meat is browned.
4. Add the tinned tomatoes and tomato puree and stir.
5. Add the stock cube, salt, pepper and mixed herbs.
6. If using additional vegetables prepare these by dicing and add these now.
7. Bring to the boil, turn the heat down and simmer for 20-30mins, if the sauce looks too thick add $\frac{1}{2}$ can of water and continue simmering until meat is tender.

Cheese sauce

350mls Milk

25g Margarine
2 level tbsp Flour (25g)

75g Grated Cheddar Cheese - for cheese sauce

Method

1. Place milk and flour into a jug and whisk until there are no lumps.
2. Pour into saucepan and add margarine. Stir with a wooden spoon and bring to the boil, you must stir continuously, until the sauce boils and thicken.
3. Remove from heat and stir in the grated cheese.

Lasagne

Bolognese sauce

9-12 sheets lasagne

Cheese sauce

25g Grated Cheddar Cheese

Method

1. Place a layer of meat sauce in the bottom of your oven proof dish
2. Top with a lasagne sheet. Continue with layers of lasagne and meat sauce.
3. Finish with a layer of cheese sauce. Sprinkle 25g cheese over the top.

When you get home

Bake in oven gas 5/190°C for 30mins until golden brown

Allergen advice-
Cereals
containing
gluten (wheat)



Storage instructions: Keep
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5°C for 1-2 days.

Reheating instructions:
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180°C for 20
minutes . Always
reheat food until it is
steaming hot all the
way through-above
75°C for at least 30
seconds (you should
only do this once)

Chicken Fajitas

- 1 red or green or yellow pepper
- $\frac{1}{2}$ large red or white onion
- 1 skinless, boneless chicken breasts,
- 1 teaspoon paprika
- 1 teaspoon coriander
- $\frac{1}{4}$ tsp chilli powder
- 1 garlic clove
- Pinch salt and pepper
- 1 Tbsp Vegetable Oil
- $\frac{1}{2}$ lemon/ 2 tablespoons lemon juice

Method 1

1. Slice the pepper into strips and peel and slice the onion
2. Dice the garlic and chilli
3. In a large bowl mix together paprika, coriander, chilli, garlic, salt and pepper and lemon juice and vegetable oil.
4. Slice your chicken lengthways into long strips, the same size as your pepper strips
5. Add the peppers, onion and chicken into the bowl and mix well.

Method 2 To cook your fajitas

1. Put your frying pan on a high heat and add chicken mix, move around the pan quickly
2. Cook for 6 to 8 minutes, until the chicken is golden and cooked through, NO PINK COLOUR WHEN CUT IN HALF
3. Keep moving the pieces of chicken and vegetables so they don't burn - you just want them to lightly chargrill, remove from heat.



For the salsa

- 2 large ripe tomatoes
- $\frac{1}{2}$ large red or white onion
- $\frac{1}{2}$ lemon
- $\frac{1}{2}$ red chilli
- Salt and pepper
- 1-2 tbsp tomato puree
- 1 tbsp oil

Method

1. Finely dice the red chilli and onion
2. Roughly dice the tomatoes.
3. In a small bowl mix together the lemon juice, oil, red chilli, salt and pepper and tomato puree
4. Add the onions and chopped tomatoes and mix well
5. Serve with flour tortillas

Allergen advice- Cereals containing gluten (wheat), milk, eggs



Cakes - Ingredients

100g self raising Flour

100g Caster Sugar

100g margarine

2 eggs

Method

- a. Pre heat oven to 180C,
- b. Weigh out flour with the sugar onto a plate.
- c. Weigh margarine into a bowl- soften with a wooden spoon
- d. Break the eggs into a separate jug and whisk with a fork.
- e. Add the sugar, flour and eggs to the margarine and cream with a wooden spoon, until light and fluffy.
- f. Place the mixture into the prepared cake tin.
- g. Place in the oven and bake for 20-25 minutes, until golden brown, well risen and springy to touch.
- h. Remove from tin and place on cooling rack. Allow to cool.

Storage instructions:

Store in an airtight container in a cool dry place for 1-2 days.