

# **Hospitality And Catering Recipe Book**

## **Quick Bread/Rolls or Chelsea Buns**

### **Bread Rolls Ingredients**

250g Strong White Flour

1tsp Salt

1tsp Quick-acting Dried Yeast

150ml Water

1tbsp Oil

ADD for Chelsea Buns

50g Mixed Fruit

50g Brown Sugar

1 tsp Mixed spice

### **Method**

1. Light oven (gas 8, 230C). Place greaseproof paper onto a baking tray.
2. Put flour, salt, oil and yeast in a bowl.
3. Put 150ml warm water into a jug. Gradually add to the flour and mix well. The dough must be soft. Knead firmly for 10 minutes.
4. Cut into 4 pieces, shape and put onto the baking tray.
5. Cover with cling film loosely and put in a warm place to rise. When doubled in size put in the oven.
6. Bake 15-20mins.

### **Chelsea Buns**

FOLLOW METHOD AS ABOVE 1-3

6. Roll dough out to A4 size. Sprinkle with sugar, mixed fruit and spices.
8. Roll lengthways so it looks like a Swiss roll. Slice equally into 4-6 pieces. Cover with cling film loosely, put into a warm place until double in size.
11. Bake in oven for 30mins approx. - until golden brown.
12. When cooked and still warm brush with a little sugar syrup.

## **Fluffy Naan Bread**

### Ingredients

80mls Warm water

1 tsp Quick acting yeast

125g Plain flour

Pinch of salt

2 tbsp of melted butter (divided)

1 tbsp plain natural yoghurt

Coriander leaves to decorate

1. In a bowl, stir together the water, yeast and sugar, allow it to stand for 5-10 mins or until it goes frothy.
2. Add the flour, salt and half of the butter and yoghurt. With a palette knife stir the mixture into a shaggy mess, then knead by hand until the dough is smooth and elastic, 3-5 mins.
3. Cover the bowl with cling film and allow to sit for 15-20 mins.
4. Knead the dough. Divide into 3 equal sized balls. Roll each ball into a naan shape (tear shaped) fairly thin.
5. Brush a non stick pan with oil. On a medium heat place one naan in the pan until it puffs up (about 3-4) mins. Brush on same melted butter so it doesn't burn cook for a further 2-3 mins until bread is cooked and golden.

## **Focaccia**

### Ingredients

350g strong flour

1 sachet of fast acting yeast

2 tbsp. sunflower oil

1 tsp salt

200ml warm water (approx.)

Toppings (optional)

Olive oil & rosemary

Olive oil & garlic

Lemon oil & thyme

Chopped red peppers & parmesan

Red onion & feta

Basil oil & mozzarella

### Method

1. Pre-heat the oven to 250°C.
2. Put flour, salt, oil and yeast in a bowl and make a well.
3. Mix water into flour gradually with a palette knife to form a dough.
4. Roll out onto a baking tray with greaseproof paper and make dents with finger tips.
5. Add toppings to dough and bake.
6. Cook for 20-25 minutes until golden brown and sounds hollow when tapped underneath.

## **Irish Soda Bread**

### Ingredients

125g plain white flour

125g plain

wholemeal flour

50g porridge oats

½ tsp bicarbonate soda

1 tsp salt

15g butter - cut in pieces

250ml buttermilk

### Method

1. Preheat the oven to 200°C/gas 6/fan 180°C and dust a baking sheet with flour.
2. Mix the dry ingredients in a large bowl, then rub in the butter.
3. Pour in the buttermilk and mix it in quickly with a table knife, bring the dough together very lightly with your fingertips (handle it very gently). Now shape it into a flat, round loaf measuring about 13cm in diameter.
4. Put the loaf on the baking sheet and score a deep cross in the top (this helps the bread to cook through).
5. Bake for 20-25 minutes until the bottom of the loaf sounds hollow when tapped. If it isn't ready after this time, turn it upside down on the baking sheet and bake for a few minutes more.
6. Transfer to a wire rack, cover with a clean tea towel (this keeps the crust nice and soft) and leave to cool. To serve, break into quarters, and serve with butter.

## **Flour Tortillas**

### Ingredients

400g Self Raising Flour

½ tsp Salt

300ml Warm Water

3 tbsp Olive Oil

### Method

1. Add flour, salt and oil to a mixing bowl.
2. Stir in enough of the warm water to make a dough.
3. Knead the dough for 2-3 minutes. Divide into 8 balls and use the tortilla press to make the tortilla shapes or roll out with a rolling pin.
4. Warm a teaspoon of oil in a large frying pan and cook the tortillas one at a time on a medium heat until just starting to brown on the raised areas.

## **Chicken Stock**

### **Ingredients**

Chicken carcasses

2 cloves garlic , unpeeled and bashed

2 sticks celery , roughly chopped

1 medium leeks , roughly chopped

1 medium onions , roughly chopped

1 large carrots , roughly chopped

1 bay leaf

Pinch black pepper

Cold water

### **Method**

1. Place the chicken carcasses, garlic, vegetables, herbs and pepper in a large, deep-bottomed pan.
2. Add the cold water and bring to the boil, skim, then turn the heat down to a simmer.
3. Continue to simmer gently for 30 mins, skimming as necessary, then pass the stock through a fine sieve.
4. Allow to cool for about half an hour, then refrigerate.
5. Once the stock is cold it should look clear and slightly amber in colour.
6. Divide it into small plastic containers at this point and freeze it.
7. It will keep in the fridge for about 4 days and in the freezer for 2-3 months

## **Basic Tomato Soup**

### Ingredients

400g Tinned tomatoes  
1 Vegetable stock cube  
1 Medium potato  
1 Medium onion  
1 Medium carrot  
½ tsp Mixed herbs  
1 tbsp Vegetable oil  
500ml Hot water  
Ground black pepper  
Pinch salt

### Method

1. Peel and finely chop potato, onion and carrot.
2. Put oil into a medium sized saucepan and heat gently.
3. Fry the vegetables in the oil for 10 minutes. Stir with wooden spoon.
4. Add stock cube to boiling water and mix (in a measuring jug).
5. Add stock mixture and tin of tomatoes to pan and stir with spoon.
6. Add mixed herbs.
7. Bring to the boil, turn down heat and simmer gently for approx. 15 minutes until all the vegetables are soft.
8. Liquidise or blend the soup until smooth.
9. Taste and season with salt and pepper if required. Serve.
10. Serve soup in a bowl and sprinkle with Parmesan cheese.

## **Minestrone Soup**

### **Ingredients**

- 1 small leek
- 1 tablespoon of olive oil
- 1 clove of garlic
- 2 sticks of celery
- 2 medium courgettes
- 1 tin of cannellini beans
- 1 tin of chopped tomatoes
- 1 bay leaf
- 150mls dry white wine (optional)
- 25g small pasta shapes
- 100g green cabbage
- 40g parmesan cheese and crusty bread to serve

### **Method**

1. Prepare the vegetables by washing and thinly slicing the leek, courgette, celery and peel and finely chop the garlic.
2. Rinse the cannellini beans.
3. Heat the oil in a deep pan and fry the leek for a minute, add the garlic, celery and courgettes and cook gently for a few minutes.
4. Add the cannellini beans, tomatoes, white wine, bay leaf, tomatoes and pasta and 300mls of boiling water. Cook for about 10 minutes.
5. Shred the cabbage, add it and half of the cheese to the soup and cook for a further 5 minutes.
6. Remove the bay leaf and serve with cheese on top and some crusty bread.

## **Carrot and Coriander Soup**

### **Ingredients**

6/8 carrots

1 small onion

2 veg stock cubes

Pinch mixed herbs

Handful fresh coriander chopped

### **Method**

1. Hands and aprons
2. Get equipment ready
3. Prepare and chop vegetables
4. Put a tablespoon of vegetable oil into a pan and sauté onion
5. Add rest of chopped vegetables and soften a little
6. Add enough water to cover the ingredients
7. Add vegetable stock cube and pinch of mixed herbs
8. Bring to the boil, then reduce the heat and leave to simmer for twenty minutes
9. When vegetables are soft remove from heat and put into container. (If you want a smooth soup use a blender, if you want a creamy soup and some fresh cream)
10. For chicken soup blend to make smooth soup then add cream
11. Wash up
12. Serve hot with crusty home-made bread rolls

## **Vegetable Soup**

### **Ingredients**

25g Margarine/Butter

500g Vegetables

1 Onion

1litre Liquid

### **Method**

1. Chop/Peel vegetables.
2. Melt margarine/butter in a saucepan and gently cook chopped onion for 2 minutes.
2. Add vegetables and cook for about 10 minutes, until tender.
3. Add liquid and any other additional ingredients and season.
4. Bring to the boil, reduce heat and simmer for 30 minutes.
6. Liquidise, if required.

## **Recipe variations**

Leek & Potato:300g Leeks, 200g Potatoes, 800ml Stock, 200ml Cream

Celery:400g Celery, 100g Potatoes, 800ml Stock, 200ml Cream

Carrot:500g Carrot, 1 Litre Stock

Mushroom:500g Mushrooms, 800g Stock, 200ml Stock

Tomato:500g Tomatoes, 800g Stock, 200ml Cream

French Onion:500g Onion, 1 Litre stock

Chinese Sweet & Sour: 250g Mushrooms, 125g Spring Onion, 125g Sweetcorn, 1 Litre Stock, 5Tbsp Soy Sauce, 5Tbsp Vinegar

Winter Veggies:500g Vegetables, 1 Litre Stock, 250g Beans/Pasta

## **Savoury muffins**

### Ingredients

9 slices bacon  
1 onion, chopped  
2 garlic cloves  
250g plain flour  
170g Cheddar cheese, grated  
1 teaspoon caster sugar  
15g baking powder  
1 pinch salt  
1 teaspoon pepper  
1 large egg  
235ml milk  
60ml oil

### Method

1. Preheat the oven to 200° C/Gas 6.
2. Fry the bacon until crispy and chop it.
3. In a large bowl, combine the bacon with the next 8 ingredients. In a another bowl, beat the egg, milk and oil.
4. Stir into dry ingredients just until moistened. Fill greased muffin cups two-thirds full.
5. Bake for 15 to 20 minutes or until a skewer comes out clean. Cool for 5 minutes before removing from pan to a wire rack. Serve warm. Refrigerate leftovers.

NOTE: They can be eaten warm or cold

## **Boursin muffins**

### Ingredients

200g plain flour

50g oat bran

1 tablespoon baking powder

1/2 teaspoon salt

1/4 teaspoon freshly ground black pepper

1 large egg

150g Boursin cheese at room temperature, stirred until creamy

180ml milk

2 teaspoons chopped chives

### Method

1. Preheat the oven to 180° C / Gas 4. Line a muffin tray with paper cases.
2. Mix the flour, oat bran, baking powder, salt and pepper.
3. Mix the egg with the milk and Boursin, mix well (it should not form lumps, if it does, the Boursin is too cold). Fold into the flour mixture to create a uniformly moist mixture.
4. Spoon the mixture into the paper muffin cases and bake for 30 minutes in the preheated oven, until a skewer comes out clean. Allow to cool on wire cake rack.

## **Cheese & ham muffins**

### Ingredients

2 mini salamis, finely sliced  
100g shaved ham, finely sliced  
100g grated mild Cheddar cheese  
100g grated mature Cheddar cheese  
100g grated Parmesan or Pecorino Romano cheese  
200g frozen sweetcorn kernels  
2 eggs  
50g margarine  
25ml milk  
125g self-raising flour

### Method

1. Preheat oven to 180°C / Gas 4.
2. Mix all ingredients together until just combined and roll "golf ball" size amounts and place in greased mini muffin tin.
3. Bake for approximately 15 minutes in pre-heated oven or until they are golden brown and spring back when lightly pushed in middle.

## **Cheese, onion and rosemary muffins**

### Ingredients

250g plain flour  
3 tablespoons caster sugar  
1/2 teaspoon salt  
1 tablespoon baking powder  
1 tablespoon dried rosemary  
170g grated mozzarella cheese  
1/2 tablespoons grated Parmesan cheese  
1 small onion  
2 teaspoons crushed garlic  
1 egg, beaten  
240ml milk  
50g butter melted

### Method

1. Preheat oven to 220° C / Gas 7. If using dark-coated muffin tins, preheat oven to 200° C / Gas 6. Grease 12 muffin cups.
2. In a large bowl stir together flour, sugar, salt, baking powder and rosemary until the mixture is smooth and without lumps. Lightly mix in the mozzarella cheese, Parmesan cheese, onion and garlic.
3. In another bowl, whisk together the egg and melted butter, then whisk into the milk. Make a well in the centre of the dry ingredients, and pour the milk mixture into the well. Stir just to moisten, 12 to 15 full circular strokes that scrape the bottom of the bowl.
4. The mixture will look lumpy. Pour mixture into the prepared muffin cups, filling them about 2/3 full.
5. Bake the muffins in the preheated oven until browned, about 25 minutes. Cool in tin for about 5 minutes before removing from the cups.

## **Black olive and goats cheese muffins**

### Ingredients

250g plain flour

3 tsp baking powder

1 tsp salt

1/2 tsp cayenne pepper

50g softened butter

50g black olives

50g crumbled goat's cheese

1 egg

120ml milk

### Method

1. Preheat oven to 220° C/Gas 7.
2. Sieve the flour, baking powder, salt and cayenne into a bowl and add the butter. Rub the butter well in.
3. Finely chop olives.
4. Stir in the egg and then the milk to a stiff consistency. Mix in the finely chopped olives and the crumbled goats cheese.
5. Divide into muffin cases in a tin and then bake in a preheated oven at 200C for 25 minutes.

## **Brie, courgette & red pepper muffins**

### Ingredients

knob of butter

2 small or 1 large courgette

250g self-raising flour

1 tsp baking powder

1 tbsp fresh oregano leaves or 1 tsp dried

3 eggs

100ml milk

5 tbsp sunflower oil

2 red peppers

85g cheddar grated

100g Brie or Camembert

### Method

1. Heat oven to 180°C fan/gas 5.

Line a muffin tin with paper cases (10).

2. Melt the butter in a pan and gently cook the courgettes (chopped) for about 5 mins until softened.

3. Mix the flour, baking powder, oregano and some seasoning in a large bowl. Make a well in the centre and add the eggs, milk and oil, stirring all the time to draw the flour into the centre. Beat for to make a smooth batter.

4. Add the courgettes, peppers (chopped), two-thirds of the cheddar and all the Brie or Camembert to the batter, stirring well. Divide between the muffin cases and sprinkle with the remaining cheddar.

5. Bake for 25-30 mins until the muffins feel firm to the touch and are golden and crusty on top. Serve warm or at room temperature.

## **Banana oat & syrup muffins**

### Ingredients

250g Plain Flour

1 Egg

2 Medium sized bananas

75ml Sunflower oil/ vegetable oil NOT olive oil

50g Light brown sugar

175ml Milk

75g Porridge Oats

1tbsp Baking Powder

½ tsp Nutmeg or mixed spice

3 tbsp Syrup

12 Muffin Cake cases

### Optional Ingredients

Cinnamon

Dried Fruit

Cherries

Lemon & Orange rind

Replace banana with pear or apple

### Method

1. Wash hands, put on apron, tie back hair etc.
2. Check oven is on at 220°C, put muffin cases in muffin tin.
3. Put flour, oats, baking powder, spice and sugar in mixing bowl.
4. Peel and mash banana in a small bowl with a fork, add syrup.
5. Measure milk into a jug, add oil, beat in eggs.
6. Add the banana mixture and any other optional ingredients to the flour mixture. Add the milk mixture and stir with wooden spoon until combined.
7. Spoon into muffin cases and bake for 15-20 mins until golden.
8. Wash up and clear away.

## **Short Pastry Traditional Method**

### Ingredients

50g Margarine or Butter

50g Lard or vegetable fat

200g Plain flour

Pinch of salt

Approx. 8 tsp Cold water

### Method

1. Sift flour (& salt if using) into a large mixing bowl.
2. Drop fat into flour and cut into small pieces. Using finger tips rub fat into flour until the mixture looks like fine breadcrumbs.
3. Add most of the water to the mixture and mix with a round-ended knife. When pastry begins to hold together finish mixing with 2 fingers and a thumb to get the 'feel' of the pastry to find if it needs the rest of the water and to draw it together into a firm ball.
4. Knead pastry until smooth. Leave to rest while filling is prepared.
6. On a lightly floured board, with a floured rolling pin press pastry to the shape required. Roll with short, light movements of the rolling pin. Turn pastry, not the rolling pin, to alter the shape so that equal pressure is exerted on each end of the rolling pin. Roll pastry to the required thickness.

## **Rich Shortcrust Pastry (flan pastry)**

### Ingredients

200g Plain Flour

100g Fat (Butter/Margarine/Lard/White Fat or combination)

25g Caster Sugar

1 Egg Yolk

Cold Water for mixing

### Method

1. Add the sugar to the flour.
2. Rub the fat into the flour and sugar.
3. Beat the egg yolk and add to the mixture with just enough water to bring it together into a dough.
4. Roll out and use as required. Oven temperature 190°C. Reduce temperature after 15 minutes to avoid browning too much.

## **Biscuit Crust**

### Ingredients

200g Plain Flour

100g Fat (as above)

50-100g Caster Sugar

1 Small Egg

### **Cheese Pastry:**

Substitute the Caster Sugar for Finely Grated Cheese, pinch of Cayenne Pepper or Mustard Powder.

Follow the method as above but do not add any extra water.

## **Puff Pastry**

### Ingredients

200g Strong Flour

Pinch salt

200g Butter or Hard Margarine

125ml Ice-cold Water

Few drops of Lemon Juice

### Method

1. Sieve the flour and salt.
2. Rub in  $\frac{1}{4}$  of the butter or margarine.
3. Make a well in the centre.
4. Add the water and the lemon juice (which is to make the gluten more elastic), and knead well into a smooth dough in the shape of a ball.
5. Relax the dough in a cool place for 30 minutes.
6. Cut a cross half way through the dough and pull out the corners to form a star shape.
7. Roll out the points of the star square, leaving the centre thick.
8. Knead the remaining butter or margarine to the same texture as the dough. This is most important: if the fat is too soft it will melt and ooze out, if too hard it will break through the pastry when being rolled.
9. Place the butter or margarine on the centre square which is four times thicker than the flaps.
10. Fold over the flaps.
11. Roll out to 30 x 15cm, cover with a cloth or cling film and rest for 5-10 minutes in a cool place.
12. Roll out to 60-20cm, both ends to the centre, fold in half again to form a square. This is one double turn.
13. Allow to rest in a cool place for 20 minutes.
14. Half turn the pastry to the right or left. Give one more double turn; allow to rest for 20 minutes.
15. Give two more double turns, allowing resting time in between each. Rest before using.

## **Fruit Pie**

### Ingredients

Shortcrust Pastry:

250g Plain Flour

125g Margarine (block)

8tsp Water

Filling:

450g Cooking Apples or other fruit

50g Sugar

### Method

1. Pre heat oven - Gas mark 6/200°C.
2. In a large mixing bowl rub the margarine into the flour until it looks like breadcrumbs.
3. Add enough water to form a dough (approx. 8tsp).
4. Use half of your pastry to line your 20cm pie plate.
5. Peel, core and slice apples.
6. Put half your sliced apples into the pie and sprinkle with sugar.
7. Add the rest of your apples to the pie.
8. Cover the pie with other half of your pastry. Decorate.
9. Bake for 25-30 minutes.

## **Bakewell Tart**

### Ingredients

Shortcrust Pastry:

150g Plain Flour

75g Margarine (block)

6tsp Water

Filling:

100g Margarine

100g Sugar

150g Self Raising Flour

2 Eggs

1tsp Almond Essence

2tbsp Water

1tbsp Jam

Topping:

25g Flaked Almonds

### Method

1. Pre heat oven, Gas mark 5/190°C.
2. In a large mixing bowl rub the margarine into the flour until it looks like breadcrumbs.
3. Add enough water to form dough (approx. 6tsp).
4. Use dough to line a 18cm flan ring.
5. Put jam into pastry case.
6. Put ALL filling ingredients into mixing bowl. Mix thoroughly.
7. Spoon filling mixture into pastry case, sprinkle with flaked almonds and bake until cooked.

(Approx. 30 minutes)

## **Chicken Pie**

### Ingredients

- 1 pack ready rolled puff pastry
- 2 chicken thighs and meat from chicken carcass
- a knob of butter
- 2 spring onions
- 50g Button mushrooms
- 1 level tablespoon of flour 150 ml of Chicken Stock
- a sprig of fresh thyme
- 1 tsp mustard
- 1 tbsp crème fraiche

### Method

1. De-bone the chicken thighs on a chopping board and chop into 1cm strips. Put half a tablespoon of olive oil and a knob of butter into a hot, frying pan . Add the chicken and cook for 3 min or so.
2. Meanwhile, quickly trim the spring onions/scallions and wash then mushrooms, then slice and add to the pan with 1 level tablespoon of flour and stir.
3. Add 1 teaspoon of mustard, 1 tablespoon of creme fraiche and 150ml of chicken stock and pieces of cooked chicken removed from carcass and stir well.
4. Pick the thyme leaves and stir into the pan and a good pinch of salt and pepper. Leave to simmer.
5. Lightly dust a clean surface with flour and unroll the puff pastry. Use a small knife to lightly crisscross and score it.
6. Take the pan with the chicken off the heat. Tip the filling into an ovenproof baking dish, that is slightly smaller than the sheet of pastry.
7. Cover the filling with the pastry sheet, tucking it in at the edges.
8. Quickly beat the egg, then brush it over the top of the pie. Put into the oven to cook on the top shelf for around 15mins, or until golden.

## **Cheese Flan or Quiche Lorraine**

### Ingredients

200g Shortcrust Pastry

### Filling

1 Small Onion

2 Rashers streaky bacon

200ml Milk

2 Eggs

1tbsp Margarine

50g Grated Cheese

Seasoning

Alternative options:

1 Slice Ham

50g Mushrooms

1 or 2 Tomatoes

2 tbsp Sweetcorn

1 Small tin of Tuna

### Method

1. Make pastry and line your flan ring.
2. Peel and chop onion finely.
3. Remove rind and gristle from bacon and cut into dice.
4. Fry bacon and onion gently in margarine until tender, turn them into the pastry case.
5. Beat egg, stir in milk, and season. Add most of the cheese and then put mixture into the pastry case.
6. Sprinkle rest of your cheese on top.
7. Bake flan until just set and golden brown on top (35-40 minutes).

## **Mini Quiches**

### **Ingredients**

Ready-made puff pastry

1 small onion (fried)

40g cheddar cheese (grated)

25g ham (chopped)

75ml milk

1 egg

Salt and pepper

### **Method**

1. Turn oven on to 180°C.
2. Roll out pastry on a floured surface. Use the largest cutter to cut rounds to line a bun tin tray.
3. Prepare ham and grate cheese. Break the egg into a basin; add milk and pinch of salt and pepper. Whisk together with fork.
4. Put a little onion in each pastry case (if using). Continue with a little ham and cheese.
5. Pour some egg mixture into each pastry case. Be careful not to overfill them.
6. Bake for approximately 20 minutes until set and golden brown.

## **Cheese Pasties**

### Ingredients

200g Plain Flour

100g Margarine (hard)

150g Strong Cheddar Cheese (grated)

1 Egg

### Method

1. Preheat the oven to 200°C.
2. Put flour and a pinch of salt into a mixing bowl.
3. Add the margarine, cut into small pieces and rub into the flour.
4. Add a little cold water and mix to a firm (not sticky) dough.
5. Roll out the pastry and cut into circles.
6. Beat egg and add ½ of it to the cheese and mix.
7. Add any optional ingredients.
8. Divide the filling between the pastry circles.
9. Fold the circles in half over the filling. Dampen the edges with water and seal.
10. Use the rest of the egg to glaze the pasties.
11. Place on a baking sheet and bake until golden for about 15 minutes.

## **Savoury Filo Rolls**

### Ingredients

½ Packet Filo pastry

50g Melted butter/margarine

### Filling

25g Plain Flour	}	Sauce
25g Margarine		
300ml Milk		

100g Prawns, Mushrooms or ham or small tin of tuna, ½ tin sweetcorn

### Method

1. Turn on oven to 210°C.
2. Make a binding sauce (Roux Method).
3. Add prawns or other fillings.
4. Season with salt and pepper if needed and leave to cool slightly.
5. Brush 1 sheet of filo with melted butter and cut into quarters.
6. Take one of the quarters and place 1 tsp of filling at one end.
7. Fold the long edges over the filling.
8. Roll up the pastry into a finger sized roll. Brush with melted butter and bake for 10 – 15 minutes until golden brown.

## **Christmas Parcels**

### Ingredients

½ Packet Filo pastry

50g Melted butter/margarine

### Filling

1 jar Sweet Mincemeat }  
1 Apple/Orange } Or 1 jar pie filling

Icing Sugar for dusting

### Method

1. Turn on oven to 210°C.
2. Grease a bun tin with melted butter.
3. Put the sweet mincemeat into a bowl and add grated apple or orange zest, stir.
4. Cut the filo sheets into 6 equal sized squares.
5. Lay 3 squares of filo on top of each other at an angle (brush in between each layer with melted butter).
6. Line each bun tin with the 3 layers, fill with 1 tsp of sweet mincemeat.
7. Pinch the top of the pastry together, leaving the corners to drape open.
8. Bake for approx. 10 minutes until golden brown. When cooked dredge with icing sugar.
9. Serve hot or cold with cream, ice cream or custard.

## **Vegetable spring rolls**

### Ingredients

- 1 Tbsp soy sauce
- 1 Tbsp five-spice powder
- 150g mixed stir-fry vegetables
- 1 Tbsp oyster sauce
- salt and ground white pepper
- 6-8 Sheets of filo pastry
- 1 egg
- Vegetable oil (for brushing)

### Method

1. Line a baking tray with non-stick baking parchment. Set the oven to 200°C/Gas 6.
2. Place the vegetables into a mixing bowl and season with the oyster sauce, soy sauce, salt and ground white pepper.
3. Lay two squares of filo pastry, one on top of the other and position so that the corners are pointing upwards, downwards and to the sides.
4. Spoon two tablespoons of the filling across the centre of the wrapper.
5. Brush each corner of the wrapper with the beaten egg, then bring the two opposite corners on the sides together and, keeping your finger on those edges, bring the bottom corner towards the middle and then roll the pastry up tightly towards the top corner. Tuck the top edge in and seal it with a little of the beaten egg. Repeat with the remaining filo pastry and filling.
6. Place the spring rolls on the lined baking tray and brush them with a little vegetable oil. Place the tray into the oven and bake for 15-20 minutes until golden brown, crispy and piping hot.

## **Vegetarian Samosas**

### **Ingredients**

3-4 tinned potatoes

1 tablespoon oil

1 onion

2 tsp turmeric

2 tsp cumin seed

2 tsp coriander

2 tsp curry powder

Pinch of chilli powder

100g peas

Salt and pepper

3 sheets filo pastry

### **Method**

1. Peel and chop the onion.
2. Chop the potatoes.
3. In a pan add the oil, the onion, the potatoes and all the spices and cook until the onions are soft.
4. Add the peas and gently cook, then turn off the heat.
5. On a floured surface cut each sheet of filo pastry into two long rectangles.
6. Place some filling at the top and fold into triangle shapes all the way down to the bottom.
7. Place on a baking tray, brush lightly with oil and bake for 15 minutes.

## **Cheese Straws**

### Ingredients

75g cheddar cheese

100g butter or margarine

150g plain flour

Pinch Salt, pepper & mustard

### Method

1. Heat the oven to 160°C. Line the baking tray with greaseproof paper.
2. Use a wooden spoon to beat the butter until soft. Work in the cheese, seasonings and flour to form a dough.
3. Roll out to 5mm thick and cut into biscuits or straws.
4. Place on a baking sheet and bake for 15 minutes until golden brown and crisp. Cool on a wire rack.

## **Choux Pastry Eclairs & Cream Buns**

### Ingredients

75g Strong Flour

50g Marg or Butter

125ml Water

2 Eggs

¼ tsp Salt

¼ tsp Sugar

Filling & Topping as required:

Cream

Chocolate

Icing

### Method

1. Pre heat the oven (Gas 7/220°C)
2. Sieve the flour onto a square bit of paper. Beat the eggs together in a small bowl or jug.
3. In a saucepan, boil the water and margarine together with the salt and sugar (if using).
4. When it is boiling fast, remove the saucepan from the heat and immediately pour all the flour into the mixture, beating at the same time.
5. Continue to beat the mixture until it is smooth and beginning to leave the sides of the pan. Do not over beat or the fat may come out of the mixture. Allow to cool a little.
6. Add the eggs to the mixture, a little at a time, beating well after each addition. You may not need all the egg. The mixture should be smooth, glossy and able to stand in peaks when drawn up with a spoon. Do not add any more egg after this stage is reached.
7. Allow the mixture to cool completely.
8. For eclairs, pipe finger shapes onto greased baking trays. For buns, spoon or small pipe balls onto greased baking tray. Keep the shapes about 50mm apart on the tray.
9. Bake the pastry in the top part of the oven and do not open the oven door for at least 20 minutes. When the buns are well risen and brown they may be moved to a lower position in the oven or reduce the heat to stop overbrowning.
10. Bake until the buns are crisp all over. This will take about 30-40 minutes all together.
11. As soon as they are cooked, remove from the oven and make a small slit in the side of each bun to allow steam to escape. Any soft paste inside the buns may be removed with a teaspoon.
12. When completely cold, fill with whipped cream and decorate as required.

This pastry may also be used for savoury fillings. It may also be piped into a ring and either cooked with a savoury mixture in the middle of the ring, or a savoury or sweet filling may be added after cooking. This is called a Gougère.

## **Gougères**

### Ingredients

2 eggs

60g gruyere cheese

50g butter

65ml water

65ml milk

90g plain flour

½ tsp salt

pinch cayenne pepper

1 pinch ground nutmeg

### Method

1. Preheat oven to 200°C.
2. Put the butter, water and milk in a saucepan and bring to the boil.
3. Add flour, salt and spices and beat well with a spoon until mixture has come together and starts to come away from the sides.
4. Remove from heat and beat in eggs, one at a time, until completely incorporated.
5. Stir through cheese and place in a piping bag. Pipe walnut sized balls of pastry around the edge of a medium foil pie dish.
6. Brush tops with egg yolk.
7. Add filling of choice in the centre of the foil dish.
8. Bake for 12 minutes, turn tray 180 °C and bake for further 12 minutes or until gougères are golden, puffed up and cooked through.

NOTE: Do not open the oven during the first 12 minutes of cooking or gougères will collapse.

## **Stir Fry**

### Ingredients

1 tablespoon of oil  
1 clove of garlic  
1cm fresh ginger  
3-4 spring onions  
1 courgette  
Baby sweet corn or 25g sweet corn  
25g frozen peas  
1 Pepper, 1 carrot, Mushrooms, Spinach  
100g rice or noodles  
Broccoli florets  
2-3 tablespoons of soy sauce

### Method

1. Finely chop garlic, ginger and spring onions.
2. Slice the courgette, deseed and slice the pepper, peel and thinly slice the carrot, chop the mushrooms and broccoli into bite sized pieces.
3. Heat the oil in a wok or deep frying pan and add the prepared vegetables. Cook for about 10 minutes, stirring all the time until the vegetables are cooked but still crunchy. Add the spinach for the last 3-4 mins.
4. Stir in the soy sauce.
5. While the vegetables are cooking cook the rice or noodles in boiling water (rice 15 mins–noodles 4-5 mins).
6. Add the cooked rice or noodles to the vegetables and serve immediately.

## **Curry**

### Ingredients

2 tbsp Oil  
1 Onion, chopped  
2 Cloves garlic  
250g Chicken/Turkey/Beef/Pork/Quorn pieces/Lamb  
1 Medium apple  
1tsp Ground Ginger  
1tbsp Tomato puree  
250ml Hot water  
Coriander or Parsley to garnish

### Optional

Mushrooms, Peppers  
Single cream, Yoghurt,

### Coconut Milk

### Method

1. Peel and chop onion and garlic. Peel apple and chop.
2. Chop meat into pieces – using a sharp knife.
3. Put oil in saucepan and fry onions for 2-3 minutes. Add raw meat and cook on a medium heat until browned.
4. Add chopped apple and garlic and cook for a further 2 minutes.
5. Stir in curry powder, ginger, tomato puree and water. Stir with a wooden spoon. Add salt and pepper.
6. Bring to the boil, stirring constantly.
7. Once curry mixture has boiled, SIMMER GENTLY for 20-25 minutes, stirring occasionally.
8. Season with salt and pepper if necessary.
9. Serve with basmati rice.

## **Chicken Korma**

### **Ingredients**

350ml chicken stock

1 medium onion

2 cloves of garlic

1 tablespoon of vegetable oil

1 tablespoon plain flour

½ teaspoon cumin

½ teaspoon coriander

½ teaspoon turmeric

½ teaspoon of chilli powder

½ teaspoon of garam masala

500g skinless chicken breasts cut into 2.5cm cubes

A handful of fresh coriander - chopped

3 tablespoons of low fat crème fraiche

Salt and pepper

### **Method**

1. Make the stock. Peel and finely chop the onion and garlic and gently fry for about 5 minutes until soft.
2. Mix the flour and half of the spices in a large bowl and coat the chicken pieces.
3. Add the chicken to the pan and fry for about 5 minutes then stir in the remaining spices and chicken stock and half of the coriander. Bring to the boil and then simmer for 20 minutes.
4. When cooked stir in the crème fraiche and serve on a bed of rice with the remaining coriander sprinkled on the top as a garnish.

## **Beef Stroganoff**

### Ingredients

500g rump steak

1 onion, sliced

¼ teaspoon paprika

250g button mushrooms

2 tbspn tomato puree

125ml beef stock

125ml low-fat light evaporated milk

3 teaspoons cornflour

Chopped fresh parsley

### Method

1. Remove any excess fat from the steak and slice into thin strips.
2. Cook in a large, lightly grease non stick frying pan over high heat, until just cooked. Remove from the pan.
3. Lightly spray the pan and cook the onion, paprika and mushrooms over medium heat until the onion has softened.
4. Add the meat, tomato puree, stock and 125ml water. Bring to the boil, then reduce the heat and simmer for 10 minutes.
5. In a small bowl, mix the evaporated milk and cornflour.
6. Add to the pan and stir until the sauce boils and thickens.
7. Season well and sprinkle with parsley.

Note: delicious served with pasta.

## **CHILLI CON CARNE**

### Ingredients

1 red pepper  
1 red chilli  
1 tablespoon oil  
500g lean minced beef  
1 tablespoon paprika  
1 tablespoon cumin  
3 cloves of garlic  
400g tin chopped tomatoes  
2 teaspoons tomato puree  
1 teaspoon dried oregano  
125mls red wine or beef stock  
400g canned kidney beans

### Method

1. Rinse, deseed and chop the pepper and chilli. Peel and finely chop the onion.
2. Heat the oil, and fry the onion, chilli, beef, paprika and cumin and cook until the beef is browned.
3. Peel and crush the garlic and add to the beef with the canned tomatoes, puree, and oregano, wine or stock and salt.
4. Bring to the boil, reduce the heat and cook for about 20 minutes.
5. Drain and rinse the kidney beans add to the pan and cook for another 10 minutes.
6. Serve on rice or baked potatoes with a green salad.

# **Pizza**

## Ingredients

250g bread flour

½ a sachet of quick acting yeast

1 tsp salt

150mls warm water

1 tbsp olive oil

3 tbsp of tomato passata

100g grated cheese

## Method

1. Heat the oven to 220°C , Gas 8.
2. Place the flour, salt and yeast in a mixing bowl and mix well together.
3. Add the water and oil and mix together with a palette knife.
4. When all combined first knead the mixture in the bowl to bring it all together then knead on a lightly floured work surface for about 10 minutes until the dough is smooth, stretchy and elastic.
5. Roll out to fit the pizza tray on a lightly floured surface.
6. Spread on the passata then sprinkle on the grated cheese. Leave to rise for 30 mins in a warm place then cook for 15 mins.

NOTE: Small amounts of other ingredients can be added but must be thin eg. ham, mushrooms, onions, pepperoni, sweet corn etc.

It can be served with a mixed salad for a balanced meal.

## **SAUSAGE CASSEROLE**

### Ingredients

8 lean pork sausages  
125g smoked bacon  
1 tbsp oil  
1 large onion  
2 cloves garlic  
400g flageolet beans  
400g cannellini beans  
400g tinned tomatoes  
1-2 tsp mixed herbs  
1 tbsp wholegrain mustard  
3 tbsp tomato puree  
Salt and pepper

### Method

1. Cut the sausages into 2.5cm pieces (with kitchen scissors) and dice the bacon. Heat the oil in a large pan and cook the sausages and bacon for about 8 minutes until the sausages are golden brown.
2. Peel and slice the onion and peel and crush the garlic. Remove the sausages and bacon from the pan and keep warm. Add the onion and garlic to the pan and cook for about 5 minutes until softened.
3. Stir in the tomatoes, puree, herbs and mustard, bring to the boil and add the drained beans.
4. Return the sausages and bacon to the pan and season to taste. Reduce the heat, cover and cook for about 10 minutes.

NOTE: This is good served with a green salad and some mashed potato or crusty bread.

## **BBQ Chicken Wings**

### Ingredients

Chicken wings and drumsticks

5 spring onions , finely sliced

5 tbsp honey

2 tbsp soy sauce

1 red chilli , sliced

1-2 cm piece of ginger , grated

4-5 sprigs of thyme , leaves picked

### Method

1. Mix all the marinade ingredients in a bowl to make a sticky sauce.
2. Place the chicken wings in a single layer in a bowl. Pour the marinade over the chicken, cover with cling film and place in the fridge to marinate for 24 hours.
3. Heat frying pan until hot. Cook the wings for 15–20 minutes, turning often, until dark and the juices run clear when the chicken is pierced with a skewer.
4. Finish the wings in the oven at 180C/gas 4 for 10–15 minutes to ensure they're cooked through.

## **Chicken Kiev**

### Ingredients

1 skinless chicken breasts ,

1 tablespoons plain flour

1 large free-range eggs

50 g fresh breadcrumbs

sunflower oil

**BUTTER**

1 cloves of garlic

5g fresh flat-leaf parsley

10g of unsalted butter, (at room temperature)

1 pinch of cayenne pepper

### Method

1. For the butter, peel the garlic, then finely chop with the parsley leaves and mix into the softened butter with the cayenne. Firm up in the fridge.
2. Working on a board, stuff the chicken breasts. To do this, start by pulling back the loose fillet on the back of the breast – put your knife in the opposite direction and slice to create a long pocket.
3. Open the pocket up with your fingers, push the chilled butter into the pocket. Fold and seal back the chicken, completely covering the butter and giving you a nice neat parcel.
4. Preheat the oven to 180°C/350°F/gas 4.
5. Place the flour on a plate, whisk the egg in a bowl, and put the breadcrumbs and a pinch of seasoning onto a plate. Evenly coat each chicken breast in flour, then beaten egg, letting any excess drip off, and finally, turn them in the breadcrumbs, patting them on until evenly coated.

Shallow-fry in 2cm of sunflower oil on a medium to high heat for a couple of minutes on each side, or until lightly golden, then transfer to a tray and bake in the oven for 10 minutes, or until cooked through. You can bake them completely in the oven and skip the frying all together, you just need to drizzle them with olive oil.

## **Creamy Chicken Casserole**

### **Ingredients**

15g butter

400g boneless chicken/Quorn chunks

50g garden peas (frozen)

2 carrots

6 mushrooms

250ml Elmlea Double cream or ½ fat crème fraiche/Philadelphia cheese (optional)

2 chicken stock cubes

200ml boiling water

1 large onion

Pepper

### **Method**

1. Prepare the onion and chicken by chopping into chunks.
2. Heat butter in a wok pan.
3. Add the chopped onions and fry on a medium heat until soft.
4. Add the chopped chicken and cook until it has turned white.
5. Slice the mushrooms and add to the cooked chicken.
6. Add the rest of the prepared vegetables, followed by the stock cubes and hot water.
7. Add the garlic, mustard and pepper and simmer for 20 minutes.
8. Add the double cream/crème fraiche/cream cheese.
9. Stir the pan and cook for a further 5 minutes.

## **Stuffed Chicken Breast**

### Ingredients

- 1 skinless chicken breasts ,
- 25g cream cheese
- 3 rashers of bacon or parma ham optional
  
- Sun dried tomato

Chilli powder

### Method

1. Working on a board, stuff the chicken breasts. To do this, start by pulling back the loose fillet] on the back of the breast – put your knife in the opposite direction and slice to create a long pocket.
2. Open the pocket up with your fingers, push the cream cheese and additional fillings into the pocket. Fold and seal back the chicken, completely covering the filling and giving you a nice neat parcel.
3. Preheat the oven to 180°C/350°F/gas 4.
4. Place the bacon/ham onto a chopping board side by side slightly overlapping.
5. Place the stuffed chicken breast on top and roll up.
6. Place onto a lined baking sheet and place in the oven for 20-25 mins. Test with a temperature probe and check core temperature is 75°c.

## **Potato Bake**

### Ingredients

750g Potatoes

50g Butter/margarine

125ml Milk

150g Cheese

Optional: Tomatoes, bacon, ham, sweet corn, onion, mushrooms

### Method

FOR MASH:

1. Peel potatoes and cut into slices. Boil until soft.
2. Drain.
3. Add milk and margarine and mash.

FOR LAYERS:

1. Slice potatoes into circles. Boil until soft.
2. Drain.
3. Prepare optional ingredients. Season well. Layer and add cheese.
4. Bake in a moderate oven.

## **Fresh Pasta**

### Ingredients

500g Strong Flour

4 Eggs

½ tsp Salt

125ml Water

### Method

### Spinach Pasta

Add 100g of very well drained spinach to the dough recipe.

### Tomato Pasta

Add 2 tbsp Tomato puree to the dough recipe.

1. Combine all ingredients in a bowl to make a dough. Rest the dough in the fridge and roll using a pasta machine or rolling pin.

## **Pumpkin and Cheese Ravioli**

### Ingredients

1 Quantity Pasta Dough

### Filling

150g Pumpkin, skin removed, baked and mashed

100g Ricotta Cheese, mashed

300g Breadcrumbs

1 tsp Garlic, minced

Salt and Pepper

Pinch Nutmeg

## **Fettuccini with Tomato Sauce**

### Ingredients

1 Quantity of Pasta Dough

### Sauce

3 tbsp Olive Oil

1 Onion

2 x 400g Tinned Tomatoes

2 tbsp Tomato Puree

100g Parmesan Cheese

## **Spaghetti Carbonara**

### Ingredients

1 Quantity of Pasta Dough

### Sauce

2 tbsp Olive Oil

100g Parmesan Cheese

2 Cloves Garlic

4 Eggs

6 Rashers Bacon, chopped

Black Pepper

80ml White Wine

2 tbsp Parsley, chopped

50g Cheddar Cheese

### Method

1. Using the pasta machine, roll and cut the pasta dough into spaghetti.
2. Cook the spaghetti for 5 – 8 minutes until al-dente.
3. Heat oil in a large frying pan and add bacon, fry until crisp and add garlic.
4. Add the wine and simmer for 1 minute.
5. Whisk cheese, eggs, pepper and parsley in a bowl. Add mixture to the pan and stir until well combined over low heat.
6. Add the cooked pasta to the pan and toss through the sauce until well combined.

Serve warm with extra parmesan cheese.

## **Pasta Jumble**

### Ingredients

200g Pasta shapes

100g Grated cheese

400ml Milk

1tbsp Flour

Salt/pepper

Optional: Sweet corn, bacon, ham, mushrooms, tuna, pepper, peas, tomatoes

### Method

1. Boil water. Add pasta. Boil until al dente.
2. Prepare optional ingredients.
3. Drain pasta in colander.
4. Mix flour and cold milk in saucepan (use whisk).
5. Stir until thick using wooden spoon. Take off heat and add some cheese and salt & pepper.
6. Add optional ingredients to pasta and layer dish.
7. Sprinkle rest of cheese on top.

## **Pasta with rustic sauce**

### **Ingredients**

1 medium onion  
1 clove of garlic  
1 tbsp olive oil  
500g lean pork sausages  
3 tbsp chicken stock  
400g tinned tomatoes  
Salt and pepper  
500g penne pasta  
150g frozen peas  
Small bunch of chives  
Parmesan cheese

### **Method**

1. Boil a pan of water and cook the pasta for 10-12 minutes.
2. Heat the oil, chop the onion and fry for about 5 minutes until soft.
3. Coarsely chop the sausages and cook for about 8 minutes then add the stock and tomatoes and season.
4. Bring to the boil and simmer for 10 minutes, stirring occasionally.
5. Cook the peas with the pasta for the last 5 minutes of the cooking time.
6. Drain the pasta and add to the sauce, check the seasoning and garnish with chopped chives and grated parmesan.

## **Macaroni/Veg Cheese**

### Ingredients

*Cheese Sauce:*

375ml Milk

25g Plain Flour

25g Margarine

100g Cheese

*Choose from:*

### Macaroni Cheese

75g macaroni

### Cauliflower Cheese

1 medium cauliflower or ½ packet frozen florets

### Broccoli Cheese

½ packet frozen florets

### Winter Vegetable Cheese

½ packet frozen winter vegetable mix

### Method

1. Boil a large pan of water.
2. Cook the Macaroni/Vegetables until tender, drain and put into a oven proof dish.
3. While the Macaroni/Vegetables are cooking prepare your sauce.
4. Make a ROUX with the flour and margarine (don't burn the margarine)
5. Add some of the milk, stir with a wooden spoon until smooth, then add the rest of the milk slowly.
6. Heat for a further 3-5 mins, stirring carefully.
7. Take off the heat, add some of the cheese and stir.
8. Pour cheese sauce over macaroni/vegetables.
9. Sprinkle with rest of the cheese.
10. Grill until golden brown.

## **Savoury Mince**

Options:

### Basic Ingredients

500g Minced beef/lamb/  
chicken/quorn

1 onion

1 tin of tomatoes

1 stock cube

1 tbsp tomato puree

### Chilli con carne

1 tin red kidney  
beans

1 green pepper

1 tsp chilli powder

2 cloves garlic

### Bolognese sauce

150g mushrooms

1 green pepper

Mixed herbs

2 cloves garlic

### Keema Curry

250g frozen peas

2 cloves garlic

1tbsp curry powder

1 green pepper

### Method

1. Prepare all ingredients.
2. Dice onion and fry (add green pepper, garlic, mushrooms).
3. Add meat and brown gently.
4. Add tomato puree, stock cube and tin of tomatoes. Simmer gently.
5. Add all optional ingredients (peas, curry powder, chilli, beans) Season well.
6. Simmer for a few minutes. Then serve.

## **Lasagne**

### Ingredients

#### Mornay Sauce (to cover):

25g Butter/Margarine

25g Flour

300ml Milk

100g Cheese, grated

200g Lasagne Sheets

Ovenproof dish

### Meat Sauce:

1 tbsp oil

1 onion

2 Cloves Garlic

250g Minced meat (beef/lamb/pork chicken)

100g Mushrooms

1 large can tomatoes

1 tbsp tomato puree

2 tsp herbs (eg: mixed or oregano)

### Method

1. Pre-heat oven to 180 °C.
2. Wash and chop the vegetables (onion, garlic, mushrooms).
3. Heat oil in a saucepan, fry the vegetables for 5 minutes until soft.
4. Add the mince and cook until brown, stirring gently.
5. Add the other ingredients, season with salt and pepper, simmer gently (lid off) for 15 minutes.
6. Add the herbs for the last 2 – 3 minutes of cooking time.
7. Make the Mornay sauce (cheese sauce) using the roux method (see sauces recipes).
8. Assemble the lasagne in the following order – meat sauce, lasagne sheets, meat sauce, lasagne sheets, cheese sauce on the top.
9. Bake for approx' 30 minutes.

## **Shepherds Pie**

### Ingredients

1 red onion  
400g chopped tomatoes  
2 carrots  
250ml lamb or vegetable stock  
2 sticks of celery  
sea salt and freshly ground black pepper  
2 cloves of garlic  
1.5kg Potatoes  
A small bunch of fresh rosemary  
100ml semi-skimmed milk  
olive oil  
A large knob of butter  
500g Minced lamb (Use beef for a Cottage Pie)

### Method

1. Peel and roughly chop the onion and carrots. Trim and roughly chop the celery. Peel and finely chop the garlic cloves. Pick the rosemary leaves.
2. Heat a large pan on a medium heat. Add a good lug of olive oil and onion, carrot, celery, garlic and most of the rosemary leaves. Cook for 8 to 10 minutes, stirring occasionally, until softened.
3. Turn the heat up, add the lamb mince, and brown for 10 minutes, stirring occasionally.
4. Use a sieve or slotted spoon to drain away any excess liquid from the pan.
5. Tip in the tinned tomatoes, Pour in the stock, season with a good pinch of salt and pepper and stir well, then bring to the boil.
6. Reduce to a low heat and simmer for 1 hour.

Mash topping:

7. Peel the potatoes, cut them into halves and quarters depending on their size, and put them into a pan of salted, boiling water.
8. Boil for about 10 minutes until tender.
9. Drain in a colander and return them to the pan.
10. Add the milk, butter and a pinch of salt and pepper. Mash until smooth and creamy

To assemble your shepherd's pie:

11. Preheat the oven to 200 °C.
12. Transfer the lamb mixture to a large ovenproof baking dish.
13. Spoon the mash evenly over the top and poke the remaining rosemary leaves into the top.
14. Drizzle with olive oil, then cook in the hot oven for 25 minutes, or until golden and bubbling.

## **VEGETABLE COUSCOUS**

### Ingredients

1 small onion  
15g butter  
1 tbsp olive oil  
2 small carrots  
½ small swede  
1 medium parsnip  
Pinch of cayenne  
Salt and pepper  
Pinch of turmeric  
½ tsp ground ginger  
½ tsp ground cinnamon  
50g dried apricots  
60g frozen peas  
100g canned chickpeas  
125g couscous

### Method

1. Peel and chop the onion. Heat the oil and butter in a pan and gently fry the onions until soft.
2. Peel the carrot, swede and parsnip and cut into 1cm chunks. Add them to the onion and stir in the turmeric, cayenne pepper, ginger, cinnamon and salt and pepper to taste.
3. Boil a kettle of water.
4. Chop the apricots and add them and the peas, then drain and rinse the chickpeas and add these to the pan. Add 300mls boiling water, bring back to the boil and simmer for 15 mins.
5. Pour 225mls of boiling water over the couscous, stir, cover and leave to stand.
6. Stir the couscous with a fork and season to taste then either serve with the vegetables or mix together.

NOTE: Other root vegetables like potatoes, fennel, turnips and celery could be used also.

## **Risotto**

### Ingredients

150g Rice (Long grain/Arborio)

50g Margarine

1 Onion

1 Pepper

1 Stock cube

OPTIONAL: mushrooms, peas, sultanas, cashew nuts, cooked chicken, prawns, tuna, sweet corn

### Method

1. Prepare all ingredients, peel and chop onion, deseed pepper and chop, slice mushrooms.
2. Fry vegetables in oil/margarine.
3. Add rice, stock cube and half the water.
4. Bring to the boil.
5. Add water as necessary until rice is tender.
6. Add optional ingredients.
7. Season well.

## **Egg fried rice**

### Ingredients

280g long-grain or basmati rice

2 tbsp oil

4 medium eggs

225g back bacon

3 medium carrots

8 spring onions

2 cloves of garlic

175g frozen peas

200g bean sprouts

250g cooked prawns (optional)

4 tbsp soy sauce

1 tsp honey

### Method

1. Boil a kettle of water. Put the rice into a saucepan with 700ml water and a little salt, bring to the boil reduce the heat and cover and cook for 10-15 minutes.
2. Heat a tablespoon of oil in a large saucepan or wok, beat the eggs and pour them into the pan to make a thin omelette, cook until set and then set aside on a plate.
3. Trim the bacon and cut into strips and fry until crisp.
4. Peel and dice the carrot, add to the bacon and reduce the heat to allow them to cook. Trim and slice the spring onions, peel and crush the garlic and add to the pan with the peas.
5. Rinse and drain the bean sprouts, add to the pan, mix in and cook for 1 minute.
6. Add the prawns, mix in the rice and then add and stir in the soy and honey. Slice up the omelette, add to the pan then serve immediately.

## **Baked Jacket Potatoes**

### Ingredients

Large Potatoes

Oil

### Method

1. Pre-heat oven to 220°C.
2. Wash and rub potatoes all over with oil.
3. Prick the potatoes a few times with a skewer or sharp knife.
4. Bake for about 1 hour, turning them after 30 minutes.

## **Filled Potato Skins**

### Ingredients

Large Potatoes

Oil

Grated Cheese (or filling of choice)

Butter

### Method

1. Pre-heat oven to 220°C.
2. Wash and rub potatoes all over with oil.
3. Prick the potatoes a few times with a skewer or sharp knife.
4. Bake for about 1 hour, turning them after 30 minutes.
5. Cut the cooked potatoes in half lengthwise.
6. Scoop the potato out from the skins, season and mash with the butter.
7. Return to the skins, sprinkle over the grated cheese and return to the oven for 10 minutes or grill until golden brown and bubbling.

## **Mashed Potatoes**

### Ingredients

Potatoes

Milk

Butter

Seasoning

### Method

1. Wash, peel and rewash the potatoes. Cut into even-sized pieces.
2. Boil in salted water until soft.
3. Drain the water away and return to the saucepan with the lid on to dry out slightly.
4. Mash the potatoes using a masher or potato ricer.
5. Add a knob of butter and a small amount of warm milk mixing continuously with a wooden spoon until the potatoes are smooth and creamy. Season with salt and pepper.

## **Potato Cakes**

### **Ingredients**

Mashed Potato

½ Leek

½ Onion

100g Mature Cheddar cheese

1 tsp Chopped Parsley

1 tsp Chopped Chives

2 tbsp Water

85g Fresh Breadcrumbs

25ml Vegetable Oil

1 Egg

Salt and Pepper

### **Method**

1. Pre-heat oven to 200°C. Put greaseproof paper onto a baking tray.
2. Wash, trim and finely chop the leeks and onion.
3. Cook the leeks and onion in a little water or oil in a pan until tender.
4. Combine the leeks and onion with the mashed potato, grated cheese, herbs and seasoning.
5. Beat egg with 2 tbsp water in a small bowl.
6. Sprinkle the breadcrumbs into a shallow bowl or plate.
7. Shape the potato mixture into even sized patties (rounds). Brush each with the egg mixture and coat with the breadcrumbs.
8. Shake of any loose breadcrumbs and bake for approx' 15 minutes.

### Alternative Ingredients:

Sweet potato, Sweetcorn, Red Onion

Red Leicester, Double Gloucester, Parmesan, Emmenthal, Mozzarella, Thyme, Basil, Coriander, Oregano, Rosemary

## **Duchess Potatoes**

### Ingredients

Potatoes

1 – 2 Egg Yolks

1 whole egg

Butter

Seasoning

### Method

1. Pre-heat oven to 220°C.
2. Wash, peel and rewash the potatoes. Cut into even-sized pieces.
3. Boil in salted water until soft.
4. Drain the water away and return to the saucepan with the lid on to dry out slightly.
5. Mash the potatoes using a masher or potato ricer.
6. Add 1 egg per 500g potatoes and beat in with a wooden spoon.
7. Mix in 25g butter per 500g potatoes and season with salt and pepper.
8. Place the potato mixture into a piping bag with a large star nozzle and pipe into spirals about 2cm diameter and 5cm high on a baking tray with greaseproof paper.
9. Bake for 2 -3 minutes to firm the edges.
10. Remove from the oven and brush with beaten egg (egg wash).
12. Brown lightly in the oven or under the grill.

## **Croquette Potatoes**

### Ingredients

Potatoes

1 – 2 Egg Yolks

1 whole egg

2 tbsp Flour

100g Breadcrumbs

Butter

Seasoning

### Method

1. Pre-heat oven to 220°C.
2. Wash, peel and rewash the potatoes. Cut into even-sized pieces.
3. Boil in salted water until soft.
4. Drain the water away and return to the saucepan with the lid on to dry out slightly.
5. Mash the potatoes using a masher or potato ricer.
6. Add 1 egg per 500g potatoes and beat in with a wooden spoon.
7. Mix in 25g butter per 500g potatoes and season with salt and pepper.
8. Mould the potato into cylinder shapes (5 x 2cm).
9. Dip the potato cylinders into flour, then beaten egg, then breadcrumbs.
10. Place on greaseproof paper on a baking tray and bake in the oven for 15 – 20 minutes until golden brown.

## **Sauté Potatoes**

### Ingredients

Potatoes

Oil

### Method

1. Wash and thickly slice potatoes.
2. Par-boil, dry them off then shallow fry in hot oil until golden and crispy.

## **Roast Potatoes/Wedges**

### Ingredients

Potatoes

Oil

Seasoning

### Method

1. Wash, peel and rewash the potatoes (skins may be left on in preferred).
2. Cut into even sized pieces.
3. Par-boil and steam dry for a few minutes.
3. Heat oil in a roasting tin.
4. Add potatoes to the hot oil and cook in the oven until golden brown and crispy.

## **Chicken Caesar Salad**

### Ingredients

1 Loaf of Ciabatta (approx. 250g)	30g Fresh Parmesan Cheese plus extra for garnish
3 Sprigs Fresh Rosemary	1 tbsp Low Fat Greek Yoghurt
4 Chicken Legs, skin removed	Juice of 1 Lemon
Olive Oil	Extra Virgin Olive oil
Salt and Pepper	2 or 3 Cos or Romaine Lettuces, outer leaves discarded
6 Thin Slices Pancetta or Smoked Streaky Bacon	A couple of of handfuls of mixed leaves such as radicchio, rocket and red chicory
¼ Garlic Clove	
4 Anchovy Fillets in Olive Oil	

### Method

1. Preheat the oven to 200 °C.
2. Tear the ciabatta into thumb sized pieces
3. Pick and roughly chop the rosemary leaves.
4. Place the chicken legs and pieces of torn up bread onto a baking tray. Sprinkle with the chopped rosemary, drizzle with olive oil and season with salt and pepper. Mix around with hands until everything is well coated. Place the chicken legs on the top over the bread. Bake for 45 minutes until the chicken is cooked through. (meanwhile make the dressing).
5. Take the tray out of the oven and lay the pancetta or bacon over the chicken. Place back into the oven for a further 15-20 minutes for everything to crisp up. The chicken is done when you can pinch the meat off the bone easily. Let the chicken cool down slightly before using in the salad.

### Dressing

1. Peel the garlic and finely grate the parmesan. Drain the anchovies.
2. Pound the garlic and anchovies with a pestle and mortar until you have a pulp.
3. Add the Parmesan, Greek yoghurt, lemon juice and 3 times as much extra virgin olive oil as lemon juice. Whisk well and season your dressing to taste.

### Completing the salad

Pull the chicken off the leg bones and tear it up roughly with the croutons and bacon (ham). Wash and dry the salad leaves, tear them up and toss together with the chicken, croutons, bacon and dressing. Scatter some shavings of Parmesan over the finished salad.

## **Fruity Chicken Salad**

### Ingredients

Cold Cooked Chicken (approx. 1 breast/leg per person)

1 Apple

2 Sticks Celery

Few Grapes

Few Raisins (optional)

Walnuts (optional)

### Dressing:

2 tbsp Mayonnaise

2 tbsp Natural Yoghurt

1 Clove Garlic

Juice ½ Lemon

1 tsp Mango Chutney

½ tsp Curry Paste (optional)

### Side Salad:

10 Cherry Tomatoes

Handful of Green Leaves (Lettuce, Watercress, Spinach or Rocket)

### Method

1. Slice or tear the chicken into pieces.
2. Wash the celery, apple and grapes. Chop the apple and celery into small pieces. Put all the fruit into a bowl and add the walnuts if using.
3. Crush the garlic clove into another bowl, squeeze over the lemon juice and add the remaining dressing ingredients. Stir well, tip it over the fruit and mix well until it's all coated.
4. Arrange the chicken on the plates. Heap the dressed fruity salad beside or over the chicken.
5. Add the tomatoes and green leaves.

## **Sweetcorn & pepper salad**

### Ingredients

400g sweetcorn kernels, cooked or canned

1 small onion

1 small red pepper

1 small green pepper

50g sultanas

2 tbsp wine vinegar

1 tbsp tomato ketchup

Dash Worcester sauce

Salt and pepper

### Method

1. Peel and dice onion.
2. Wash, de-seed and dice peppers.
3. Drain sweetcorn kernel, cool if cooked.
4. Pour oil into a mixing bowl, add vinegar, ketchup, Worcester sauce, salt if using and pepper and mix well.
5. Add onion, peppers, sweetcorn and sultanas and fold mixture together.
6. Leave for 1 hour before serving, Keep chilled.

## **Tomato Salad**

### Ingredients

200g tomatoes

1 medium onion

50ml French dressing

2 tablespoons freshly chopped basil or parsley.

### Method

1. Wash tomatoes. Skin if desired and slice thinly.
2. Peel and finely dice onion.
3. Arrange tomatoes in a serving dish, sprinkle with diced onion.
4. Pour on dressing and serve sprinkle with chopped basil or parsley.

## **Carrot & Orange Salad**

### Ingredients

200g carrots

2 oranges

50g sultanas

1 tablespoon fresh, chopped parsley

100ml plain yoghurt

### Method

1. Scrub, peel and grate carrots.
2. Remove zest from oranges, remove pith and segment flesh.
3. Put carrot, orange, zest, sultanas and yoghurt into a mixing bowl and fold together gently.
4. Heap salad into a serving dish and sprinkle with parsley.

## **Coleslaw**

### Ingredients

200g white cabbage

1 medium carrot

2 sticks celery

1 red-skinned eating apple

50g sultanas

100ml mayonnaise

### Method

1. Wash and shred cabbage.
2. Peel and grate carrot.
3. Wash and chop celery.
4. Wash and core apple and cut into dice.
5. Put cabbage, carrot, celery and apple into a large mixing bowl.
6. Add sultanas and dressing and gently fold mixture together.
7. Pile the mixture into a serving dish.

## **Potato Salad**

### Ingredients

350g new potatoes

1 or 2 spring onions or 2 teaspoons chopped chives

150ml mayonnaise

1 tbspn wine vinegar

2 tbspn parsley

1 tspn chopped mint

### Method

1. Boil potatoes.
2. While warm cut in 10mm dice and baste with vinegar.
3. Chop onions or chives, parsley and mint. Lightly mix together with the cooled potatoes.
4. Make dressing (mayonnaise)
5. Add this to the potatoes and mix well.
6. Pile mixture into a serving dish and sprinkle with remaining parsley.

## **Mixed Bean Salad**

### Ingredients

100g Kidney beans  
100g Flageolet beans  
100g Cannelloni beans  
100g Chickpeas  
50g Sweetcorn  
1 stick of celery

### Dressing

1 clove of garlic  
½ tsp fresh chopped Tarragon  
1 tsp fresh chopped Parsley  
1 tbsp Lemon juice  
2 ½ tbsp Olive oil

### Method

1. Drain the beans and sweetcorn and rinse in cold water. Drain again.
2. Mix the beans together in a large bowl.
3. Wash and dry the celery. Chop into 1cm pieces. Stir into the beans.
4. Peel and crush garlic.
5. Squeeze the juice from the lemon if using fresh.
6. Put the olive oil, lemon juice, tarragon, parsley and garlic in a small bowl and whisk thoroughly to combine. Alternatively, place in a jar with a lid and shake until well mixed.
7. Pour dressing over the salad and mix thoroughly.

NOTE: If at any time in the preparation the mixture should curdle, beat in 1-2 tablespoons of cold water to rebind the emulsion.

## **Rice Salad**

### Ingredients

200g long grain rice

100g tomatoes

1 small red pepper

1 small green pepper

50g raisins

50g walnut pieces

50ml French dressing

### Method

1. Cook rice.
2. Wash and chop tomatoes.
3. Wash, de-seed and dice peppers.
4. Make dressing.
5. Put rice, tomatoes, peppers, raisins, walnut pieces and dressing into a large mixing bowl.  
Gently fold together.
6. Pile into a serving dish and serve at once.

## **Minty Green Salad**

### Ingredients

- ½ iceberg lettuce
- 1 bunch of watercress
- 1 green pepper
- 1 tablespoon freshly chopped mint
- 50ml French dressing

### Method

1. Wash lettuce and tear leaves into small pieces.
2. Wash and trim watercress.
3. Wash, deseed and cut pepper into rings.
4. Make dressing.
5. Put lettuce, watercress, pepper and dressing into a large mixing bowl and gently fold ingredients together.
5. Pile up salad in a serving dish and sprinkle with chipped mint.

## **Thai fishcakes**

### Ingredients

100g white fish  
1 teaspoon Thai fish sauce  
1 teaspoon red Thai curry paste  
2 heaped teaspoons fresh coriander  
1 spring onion  
pinch chilli powder  
1 teaspoon lime juice  
2 tablespoon plain flour  
Garnish with a handful of rocket/watercress

### Method

1. Roughly chop the spring onion, skin the fish and break into pieces.
2. Place the fish, Thai fish sauce, red curry paste, coriander, spring onion, egg, chilli powder and lime juice into the blender and blitz.
3. Spoon the mixture out of the blender and shape into small fishcakes. Dust with flour over a plate.
4. Fill a frying pan about ½ cm deep with oil and heat gently for 1 minute.
5. Shallow fry the fish cakes until they are golden brown. Don't turn them over too soon as they may break apart.
7. Transfer to a baking tray and bake for 5 minutes to heat through.
8. Serve on a plate on a bed of watercress/rocket.

## **Fried Fillets of Fish**

### Ingredients

3 fillets of any white fish. Approx. 100g each

1 egg

50g fresh white bread

Flour for coating

1 lemon

Parsley or cress

### Method

1. Wash and dry fish.
2. Make the bread into bread crumbs.
3. Beat the egg into a shallow dish and put the flour onto a plate.
4. Dip the fish into the flour then brush with the beaten egg, then coat with the breadcrumbs.
5. Heat oil in a frying pan.
6. Carefully lower the fish into the hot oil, placing the skin side of the fish upwards. Cook gently for about 7 minutes, then turn over and cook the other side. When cooked the fish should be white and no longer transparent.
7. While the fish is cooking, cut the lemon into wedges or slices.
8. Wash the parsley.
9. Drain the fish fillets on kitchen paper to remove excess oil. Place them on paper on a warm flat serving dish and garnish with the lemon and parsley.

## **Cheesy baked cod steaks**

### Ingredients

4 x 175g cod steaks

Knob of butter/Marg

15ml Worcester sauce

1 small packet plain potato chips

50g grated cheddar cheese

### Method

1. Arrange fish in an oven proof dish. Dot with butter/marg. Sprinkle with Worcester sauce.
2. Bake for 10 minutes at 200°C.
3. Crush crisps and mix with cheese. Sprinkle over fish and bake for a further 10 minutes or so.

## **Fish Cakes**

### Ingredients

250g cooked fish or a tin of salmon or tuna

200g mashed potatoes

1 egg

25g flour

50g breadcrumbs

Seasoning

### Method

1. Mix fish and potatoes together, season to taste.
2. Divide mixture into 6-8 pieces and shape into balls, flatten slightly.
3. Beat egg into a shallow bowl, put flour and breadcrumbs onto plates.
4. Dip fish cake into the flour, then the egg and then breadcrumbs.
5. Fry in hot oil for 3-5 minutes, then serve.

## **Russian Fish Pie**

### Ingredients

250g white fish

150ml milk

25g margarine

25g flour

2 tbsp chopped parsley

1 hard boiled egg

250g frozen puff pastry

1 beaten egg

Seasoning

### Method

1. Poach fish in milk for 10 minutes. Drain and reserve liquid. Skin and flake fish.
2. Make a sauce from the margarine, flour and liquid using the all in one method.
3. Add the chopped parsley, hard boiled egg and fish, season to taste.
4. Roll out pastry to form a large square. Place on a baking sheet.
5. Put fish mixture in the middle of the pastry square.
6. Wet edges of pastry and make an envelope shape. Press edges together and crimp.
7. Decorate with pastry trimmings and brush with beaten egg.
8. Bake at gas mark 6/200°C for approx. 30 minutes.

## **Citrus Fish Fillets**

### Ingredients

675g haddock or white fillets

298g tin of mandarin oranges in juice

5ml wholegrain mustard

1 small onion, sliced

Salt, pepper

Chopped parsley

### Method

1. Drain juice from oranges and reserve 45ml.
2. Place mustard in a large shallow pan, stir in juices, oranges and onions, season.
3. Divided fish fillets into 4 portions and place in pan and cook for 8-10 minutes.
4. Garnish with parsley before serving.

## **Shellfish Stirfry**

### Ingredients

450g mixed shellfish

15ml oil

2.5cm root ginger, peeled & chopped

2 cloves of garlic

1 bunch spring onions, chopped

2 red or green peppers, cored, deseeded & diced

125g bean shoots

30ml soy sauce

2.5ml Chinese five spice

Noodles or Rice

### Method

1. Heat oil in large frying pan or wok, fry ginger and garlic for 1 minute.
2. Add onions and peppers and fry for 3 minutes.
3. Add shellfish and continue cooking for a further 3 minutes.
4. Sit in remaining ingredients and cook for 2-3 minutes.
5. Serve with noodles or rice.

## **Mackerel Pate**

### Ingredients

150g smoked mackerel fillets

125g low fat spread or butter

125g low fat soft cheese

1 tbsp capers

1 tbsp lemon juice

Freshly ground black pepper

### Method

1. Measure all ingredients into a food processor bowl.
2. Process until mixture is smooth.
3. Turn into a dish and chill until set.
4. Serve with toast.

## **Italian Smoked Fish**

### **Ingredients**

450g smoked haddock or cod

10ml oil

1 small onion, chopped

1 red pepper, deseed & chopped

75g button mushrooms, halved

125g low fat soft

cheese with garlic and herbs

100ml milk

125g pasta, cooked

Parsley to garnish

### **Method**

1. Cook pasta.
2. Heat oil in a shallow pan, cook onion, pepper and mushrooms for 3-4 minutes.
3. Add cheese, milk and fish. Cover and simmer for 8-10 minutes, stirring occasionally.
4. Stir in cooked pasta, heat thoroughly for 1-2 minutes.
5. Garnish with parsley and serve.

## **Lamb Burgers**

### Ingredients

575g finely minced lamb

2 tablespoons oil

1 large garlic clove

2 tablespoons chopped fresh parsley

Pinch of dried rosemary

Salt and pepper

### Method

1. Mix the lamb with 1 tablespoon of the oil, garlic, herbs & seasoning.
2. Form the mixture into 8 cakes using a 5cm/2inch pastry cutter to make neat shapes.
3. Chill for 1 hour.
4. Brush the burgers with the remaining oil.
5. Cook for approx. 15 minutes, or until golden brown, turning occasionally under the grill, or in a frying pan.

## **Lamb Patties**

### Ingredients

750g finely minced lean lamb

1 tablespoon chopped fresh mint or 2 teaspoons dried mint

2 tablespoons milk

8 rashers streaky bacon

### Method

1. Mix the lamb, mint and milk into a mixing bowl. Season to taste.
2. Divide the mixture into 8 squares patties.
3. Chill for 1 hour.
4. Wrap the bacon around the patties and secure firmly with a small skewer.
5. Cook on a greased grill or BBQ for approx. 20 minutes, turning once.

## **Heavenly Barbecued Burgers**

### Ingredients

450g chopped chicken, minced beef or lamb  
1 medium onion, finely chopped  
½ red pepper, cored, deseeded & chopped  
15ml vegetable oil  
2 tbsp fresh parsley  
½ chicken stock cube, dissolved in 45ml boiling water  
25g breadcrumbs  
1 granny smith apple, peeled & grated  
Salt and freshly ground black pepper

### Sauce ingredients

2 tbsp hoisin sauce  
1 tbsp water  
1 tsp sesame oil

### Method

1. Fry the onion and red pepper until soft (approx. 10 minutes). Combine these with all other ingredients in a mixing bowl and using your hands form into 6 burgers.
2. Mix together the sauce ingredients.
3. Brush the burgers with half of the sauce.
4. Place the burger directly on the grill. Cook for about 5 minutes on the side.
5. Turn, brush with remaining sauce and cook for 8-10 minutes or until cooked through.

## **Meatballs**

### Ingredients

250g minced lean pork, lamb, chicken or turkey

1 small egg

1 tsp of dried herbs

25g plain flour

### Method

1. Put the meat into a mixing bowl and break up with a fork.
2. Crack the egg into a measuring jug and beat with a fork.
3. Add beaten egg, plain flour and dried mixed herbs to meat and mix together.
4. Make 8 meatballs by dividing the mixture into 8 pieces and shape into a ball using your hands (they should be approximately the size of a golf ball). Place meatballs on baking tray with greaseproof paper.
5. Bake in oven for 15 minutes approx. until brown and cooked through (no pink).
6. Serve with rice and tomato sauce.

## **Spicy Chicken Patties**

### Ingredients

500g chicken mince

4 spring onions

20g finely chopped fresh coriander leaves

2 cloves garlic

$\frac{3}{4}$  tspn cayenne pepper

1 egg white, lightly beaten

2 tablepoons oil

1 lemon, halved

### Method

1. Preheat the oven to 270°C.
2. Mix together all the ingredients except the oil and lemon, season with salt and freshly ground black pepper.
3. Shape the mixture into four patties; refrigerate for 20 minutes before cooking.
4. Heat the oil in a large frying pan over medium heat, add the patties and cook for about 5 minutes on each side or until browned and cooked through.
5. Squeeze the lemon on the cooked patties and serve with a salad or make burgers.

## **Turkey Burgers**

### **Ingredients**

450g turkey breast, roughly chopped or minced turkey

1 onion, finely chopped

1 tablespoon fresh chopped thyme or oregano

1 tablespoon fresh chopped parsley

1 apple, peeled and grated (squeeze out excess juice)

50g fresh white breadcrumbs

5ml Worcestershire sauce

1 chicken stock cube, dissolved in 22.5ml boiling water

50g plain flour

2 eggs, lightly beaten

75g fresh white breadcrumbs

### **Method**

1. Mix together the turkey, onion, herbs and apples; chop for a few seconds in a food processor.
2. Return the mixture to a large bowl and stir in the breadcrumbs, stock and Worcestershire sauce, season to taste.
3. Using your hands, make into 12 burgers.
4. Put flour onto a plate, 50g breadcrumbs onto a plate and beaten eggs into a shallow bowl.
5. Dip the burgers into the flour then the egg and then coat in breadcrumbs.
6. Heat vegetable oil in a frying pan and sauté the burger for about 4 minutes on each side or until golden and cooked through.

## **Beanburgers**

### Ingredients

100g Fresh Breadcrumbs

Small Tin Kidney, Haricot or Butter Beans

Small Onion

50g Mushrooms

2 tbsp Tomato Puree

Salt and Pepper

1 tbsp Fresh Chopped Parsley

Good Pinch Herbs

2-3 tbsp oil for frying

### Method

1. Peel and chop onion very finely.
2. Chop Mushrooms finely.
3. Drain beans and mash with a fork.
4. Put 75g breadcrumbs into a mixing bowl, add beans, onion, mushrooms, tomato puree, herbs and seasoning. Mix thoroughly.
5. Divide mixture into four and shape into burgers. Coat each one with the remaining breadcrumbs.
6. Heat oil in a frying pan and gently fry burgers for 4-5 minutes on each side. Alternatively bake in an oven 200°C for 15 to 20 minutes.

## **Breadcrumbs Chicken with Tomato Sauce**

### Ingredients

1 chicken/turkey breast or chicken thigh/leg per portion

1 slice bread per portion

1 tablespoon flour

1 egg

### Sauce Ingredients

1 tablespoon oil

1 carrot, 1 onion, 2 celery sticks

1 tbsp flour

50g tomato puree

1 stock cube

1 clove garlic

Salt & pepper & Herbs for seasoning

### Method

1. Set oven – gas mark 6/200°C, and lightly grease baking tray.
3. Make breadcrumbs in a food processor. Beat egg in shallow bowl and put flour onto a plate.
5. Coat each chicken/turkey piece in flour, then egg, then breadcrumbs.
6. Place on greased tray and bake for approx. 30 minutes or until cooked.

### Sauce Method

1. Peel and finely chop/grate the carrot, onion and celery.
2. Make up stock cube with 375ml boiling water.
3. Gently sauté the vegetables in oil until they are lightly browned.  
Add flour and stir over gentle heat for 2 minutes.
5. Add tomato puree, stock & season.
6. Simmer gently for 30 minutes or until vegetables are very soft.
7. Correct seasoning if necessary. Remove bay leaf, if used.
8. Liquidise sauce if required.

## **Soufflé: Cheese**

### Ingredients

250ml milk

60g butter/margarine

60g flour

80g cheese (need a variety of cheese e.g. gruyere, parmesan, cheddar)

4 large eggs, separated

Seasoning

### Method

1. Preheat over gas mark 6/200°C.
2. Melt butter/margarine in a small pan. Add the flour. Gradually add the milk and continuously stir until the sauce is smooth. Bring the mixture to the boil. Season.
3. Remove the sauce from the heat and allow to cool for a couple of minutes, then stir in the combination of cheeses and egg yolks.
4. Beat the egg whites until stiff peaks form.
5. Stir a quarter of the egg whites into the sauce, and then gently fold in the remainder.
6. Three quarters fill four well buttered soufflé dishes. Bake in a Bain Marie for 12-15 minutes until well raised and golden.

Serve immediately.

## **Orange/Lemon Sorbet**

### Ingredients

50g Granulated Sugar

450ml Water

300ml Orange or Lemon Juice (may need less of lemon due to sourness)

Juice of 1 lemon

Zest of 2 Oranges or 1 Lemon

### Method

1. Combine the sugar, water and zest in a saucepan and heat gently, stirring until the sugar has melted.
2. Bring to the boil for 5 – 8 minutes or until you have a light syrup (110°C) then remove from the heat and leave until cold.
3. Stir in the juice and turn into the ice cream machine.

## **Quick Vanilla Ice cream**

### Ingredients

1 Small Tin Condensed Milk

300ml Single Cream

1 ½ tsp Vanilla Essence

### Method

1. Beat all the ingredients together in a bowl.
2. Pour into the ice cream machine.

## **Vanilla Ice cream (Custard Based)**

### Ingredients

4 Egg Yolks

100g Caster Sugar

300ml Milk

300ml Double Cream

2 tsp Vanilla Essence

### Method

1. Beat the egg yolks and sugar together in a bowl.
2. Pour the milk into a saucepan and slowly heat it to boiling point.
3. Beat the hot milk into the egg and sugar mixture whisking continuously.
4. Return the mixture to the saucepan and stirring constantly heat it until the mixture forms a film over the back of a wooden spoon. DO NOT LET IT BOIL or it will separate.
5. Remove the saucepan from the heat. Leave to get cold, then stir in the cream and vanilla essence. Pour into the ice cream machine.

## **Vanilla Ice Cream with Yoghurt**

### Ingredients

300ml Single Cream

300ml Plain Yoghurt

100g Caster Sugar

2 tsp Vanilla Essence

### Method

1. Place the cream and sugar into a saucepan and heat gently, stirring all the time until the sugar has dissolved.
2. Leave until cold then whisk in the yoghurt and vanilla essence.
3. Pour into the ice cream machine.

## **Low Fat Vanilla Ice Cream**

### Ingredients

600ml Skimmed Milk

5 tbsp Dried Milk Powder

100g Caster Sugar

1 ½ tsp Vanilla Essence

### Method

1. Put the milk in a saucepan over a gently heat.
2. Add the sugar and sprinkle the milk powder over the top. Stir until both the sugar and the milk powder are dissolved, being careful not to let the mixture boil.
3. Leave until cold, whisk in the yoghurt and vanilla essence. Pour into the ice cream machine.

## **Chocolate Ice Cream**

### Ingredients

1 Large Can Condensed Milk

300ml Milk

5 tbsp Cocoa Powder

### Method

1. Dissolve the cocoa in a very little hot water.
2. Beat the cocoa mixture into the condensed milk, add the milk.
3. Pour into the ice cream machine.

## **Hot Chocolate Sauce**

### Ingredients

150g Plain Chocolate

25g Caster Sugar

25g Unsalted Butter

### Method

1. Break up the chocolate into squares. Add to a small saucepan with the sugar and 4 tbsp water. Heat gently until the chocolate has melted.
2. Increase the heat and boil for 2 minutes. Beat in the butter and serve hot over ice cream.

## **Toffee Sauce**

### Ingredients

50g Butter

50g Brown sugar

2 tbsp Golden Syrup

100ml Single Cream (or milk)

### Method

1. Put the butter, sugar and golden syrup into a saucepan and heat gently, stirring until the butter and sugar have melted.
2. Bring to the boil and boil hard for 3-5 minutes. Let it cool slightly, stir in the cream or milk.

## **Fresh Egg Custard/Sauce a L'anglaise**

### Ingredients

2 Egg yolks

25g Caster Sugar

250ml Milk

1/2 tsp Vanilla essence

### Method

1. Mix egg yolks, sugar and vanilla essence in a bowl.
2. Bring the milk to the boil in the saucepan and whisk into the egg mixture.
3. Return to saucepan, place on a low heat and stir with a wooden spoon until it coats the back of the spoon.

NOTE: DO NOT ALLOW TO BOIL OR THE EGGS WITH SCRAMBLE.

## **Custard Sauce**

### Ingredients

10g Custard Powder

250ml Milk

25g Caster Sugar

### Method

1. Blend the custard powder with a little of the cold milk.
2. Boil the rest of the milk and pour over the blended mixture, stirring well
3. Return to the heat and boil for 4-5 minutes stirring all the time.
4. Add the sugar.

## **Pastry Cream Creme Patisiere**

### Ingredients

1 Egg

50g Caster Sugar

25g Plain flour

250ml Milk

1/2 tsp Vanilla essence

### Method

1. Whisk eggs and sugar in a bowl until almost white.
2. Mix in the flour and custard powder.
3. Boil the milk in a saucepan.
4. Whisk on to the eggs, sugar and flour and mix well.
5. Return mixture to a clean saucepan, stir and bring to the boil.
6. Add the vanilla essence.
7. Remove from the heat and pour into a bowl.
8. Cover with cling film to prevent a skin forming.

## **Chocolate Sauce/Sauce Chocolat**

### Ingredients

10g Corn flour

250ml Milk

10g Cocoa Powder

65g Sugar

5g Butter

### Method

1. Dilute the corn flour with a little of the milk, mix in the cocoa powder.
2. Boil the remainder of the milk.
3. Pour a little of the milk onto the corn flour.
4. Return to the saucepan.
5. Stir whilst bringing to the boil.
6. Mix in the sugar and butter.

## **Sabayon Sauce**

### Ingredients

4 Egg yolks

100g Castor Sugar

250ml Milk or white wine

1/2 tsp Vanilla essence (if using milk)

### Method

1. Whisk egg yolks and sugar in a large mixing bowl.
2. Dilute with the milk or wine.
3. Place the bowl in a bain-marie of warm water.
4. Whisk mixture continuously until it increases to 4 times its bulk and is firm and frothy.

## **BBQ Sauce**

### Ingredients

- ¼ large Onion
- 1 clove of garlic
- 2 tbsp Olive oil
- 2 tbsp Wine vinegar
- 25g Brown sugar
- 3 tbsp Soy sauce
- 3 tbsp Tomato ketchup
- 1 tsp English mustard
- 150ml Apple juice

### Method

1. Peel and finely chop the onion.
2. Peel and crush the garlic.
3. Heat the oil over a medium heat, in a small saucepan.
4. Add the onion and garlic and cook until soft, this will take about 10 minutes.
5. Add all the other ingredients and bring to the boil. Stir well and simmer for 10 minutes.

## **Basic White Sauce**

### Ingredients

	Margarine	Flour
Pouring:	15g	15g
Coating:	25g	25g
Panada: (Binding)	50g	50g

250ml Milk (or combination of milk and stock)

Pinch Salt and Black Pepper

### Method (Roux method)

1. Melt margarine in a saucepan.
2. Add the flour and mix with a wooden spoon cook for a minute or two.
3. Gradually add the milk over a gentle heat stirring all the time.
4. Stir until sauce boils and thickens.
5. Add any additional ingredient and season.

### Method (all in one)

1. Put all ingredients in a pan.
2. Put the pan over a moderate heat, stirring with a wooden spoon.
3. Bring to the boil and cook for a further 1 - 2 minutes stirring continuously.
4. Season with salt and pepper.

### Options:

#### Cheese Sauce

Add 2 tbsp grated cheese to sauce

¼ tsp Mustard

#### Egg Sauce

1 Hard-boiled Egg, chopped and added to sauce

#### Mushroom Sauce

50g Mushrooms, cooked in the margarine before adding flour

1 tsp Lemon Juice

¼ tsp Marmite

#### Onion Sauce

Boil 1 chopped onion in the milk used for the sauce.

#### Parsley Sauce

Add ½ tbsp. chopped parsley to sauce

## **French dressing**

### Ingredients

2 tbsp vegetable oil

1 tbsp vinegar or lemon juice

½ level tsp dry mustard

Pinch of sugar

Salt and pepper

### Method

1. Measure and mix the ingredients into a small bottle.
2. Mix ingredients until oil is emulsified, giving the dressing a cloudy look.
3. Serve at once, as the emulsion is only temporary.

Note: other ingredients can be added to give exciting flavours. For example, crushed clove of garlic, sprig of fresh tarragon, 1 level teaspoon freshly chopped parsley.

## **Mayonnaise**

### Ingredients

2 Egg yolks

Salt & freshly ground black pepper

½ tspn Dijon mustard

Lemon Juice

300ml Olive oil

### Method

1. Place egg yolks (make sure gelatinous thread of the egg is removed) add salt & pepper and mustard in a bowl. Twist a cloth wrung in very cold water round the bottom of the bowl to keep it steady and cool. Using a wire whisk, fork or wooden spoon beat the yolks to a smooth paste.
2. Add a few drops of lemon juice and beat in about a ¼ of the oil, drop by drop. Add a little more lemon juice to the mixture and then a little more quickly now, add more oil, beating all the while. Continue adding oil and beating until the sauce is of a good thick consistency. Correct seasoning (more salt & pepper and lemon juice) as desired. If you are making the mayonnaise a day before using it, stir in 1 tablespoon of boiling water when it is of the desired consistency. This will keep it from turning or separating.

## **Hollandaise Sauce**

### Ingredients

1 tsp lemon juice

1 tbsp cold water

Salt & white pepper

100g soft butter

4 egg yolks

Lemon juice

### Method

1. Combine lemon juice, water, salt & pepper in the top of a double saucepan or bain-marie.
2. Divide butter into four equal pieces.
3. Add the egg yolks and a quarter of the butter to the liquid in the saucepan, and stir the mixture rapidly and constantly with a wire whisk over hot but not boiling water until the butter is melted and the mixture begins to thicken. Add the second piece of butter and continue whisking. As the mixture thickens and the second piece of butter melts, add the third piece of butter, stirring from the bottom of the pan until it is melted. Be careful not to allow the water to boil at any time. Add the rest of butter, beating until it melts and is incorporated in the sauce.
4. Remove the top part from heat and continue to beat for 2-3 minutes. Replace saucepan over hot, but not boiling water for 2 minutes more, beating constantly. By this time the emulsion should have formed and your sauce will be rich and creamy. 'Finish' sauce with a few drops of lemon juice. Strain & Serve.

## **Mushroom Supreme Sauce**

### **Ingredients**

5 level tbsp butter

2 level tbsp flour

600ml boiling chicken stock

100g onion finely chopped

100g mushrooms finely chopped

100g button mushrooms finely chopped

150ml double cream

Salt & cayenne pepper

### **Method**

1. Melt 4 level tablespoons butter in the top of a double saucepan and blend in the flour thoroughly, being very careful not to let it colour.
2. Remove saucepan from heat and slowly pour in the boiling stock. Cook over water, stirring constantly, until it thickens slightly. Add finely chopped mushrooms and onions and simmer for 10-15 minutes, stirring from time to time.
3. Strain sauce, forcing onions and mushrooms through a fine sieve. Add sliced mushrooms, double cream and cook over a low heat until mushrooms are tender. Season to taste with salt and a little cayenne.
4. Remove sauce from the heat and whisk in the remaining butter, adding it in small pieces.

NOTE If the sauce is not to be used immediately, put several dabs of butter on top to prevent a skin forming.

## **Parsley Sauce**

### Ingredients

1 tbsp butter

1 tbsp flour

300ml milk

2 tbsp parsley finely chopped

Salt & white pepper

Lemon juice

### Method

1. Melt butter in the top of a double saucepan, stir in the flour and mix with a wooden spoon until smooth. Cook for a few minutes over water but do not allow roux to colour.
2. Slowly, add milk, heat to boiling point and cook, stirring constantly, until boiling. Add finely chopped parsley season to taste with salt and white pepper and simmer for 2-3 minutes longer. Just before serving add lemon juice to taste.

NOTE A richer sauce can be made by using Béchamel or Velouté sauce as a foundation.

## **Bread Sauce**

### Ingredients

300 ml milk

½ onion

1-2 cloves

50g fresh breadcrumbs

2-3 tbsp butter or double cream

Salt & white pepper

Pinch of cayenne

### Method

1. Simmer milk and onion with garlic until the milk is well flavoured.
2. Remove onion and cloves and add the breadcrumbs, which you have made fine by rubbing them through a wire sieve. Simmer sauce gently, stirring continuously, until the breadcrumbs swell and thicken the sauce.
3. Add the butter or cream and season to taste with salt pepper and a pinch of cayenne.

## **Tomato Sauce**

### **Ingredients**

½ onion

75g long grain easy cooked rice

1 clove of garlic

1/2 tin tomatoes

200ml water

1 tbsp of fresh basil or ½ tsp dried basil

1 tbsp vegetable oil

2 tbsp tomato puree

Salt and pepper

### **Method**

1. Chop the onion and garlic, heat oil in a pan, add onion and garlic and cook gently for approximately 5 minutes until they are soft.
2. Add tin tomatoes, basil, tomato puree, salt, pepper and water.
3. Bring to the boil, turn down and simmer gently for 10 minutes and leave.
4. Meanwhile, cook the rice in boiling water for 11 minutes approx.
5. Once cooked drain in colander over the sink and place rice on a serving plate, with the meatballs and sauce.

## **Italian Tomato Sauce**

### **Ingredients**

- 2 Spanish onions finely chopped
- 2 cloves garlic finely chopped
- 4 tbsp olive oil
- 6 tbsp Italian tomato puree
- 1 tin Italian peeled tomatoes
- 2 bay leaves
- 4 tbsp finely chopped parsley
- ¼ tspn oregano
- 1 small strip lemon peel
- 6 tbsp vegetable stock
- Salt & freshly ground black pepper
- 1-2 tbsp Worcestershire sauce

### **Method**

1. Sauté finely chopped onions and garlic in olive oil in a large, thick bottomed frying pan until transparent and soft but not coloured.
2. Stir in tomato puree and continue to cook for a minute or two, stirring constantly. Pour in Italian peeled tomatoes with their juice and add bay leaves, parsley, oregano and lemon peel. Add stock and an equal amount of water and salt and fresh ground pepper to taste. Simmer gently, stirring from time to time for 1-2 hours.
3. Just before serving stir in Worcestershire sauce to taste.

## **Cheese & Chive Dip**

### Ingredients

250g Low fat natural yoghurt

50g Grated cheese (reduced fat)

Handful of fresh chives

### Method

1. Wash chives. Pat dry.
2. Put yoghurt in a bowl and add the grated cheese.
3. Snip the chives with scissors into the yoghurt and cheese. Stir well.

## **Mexican Tomato Salsa**

### Ingredients

1 tbsp of Olive oil

½ tsp of Chilli powder

1 tbsp of Tomato puree

1 tbsp Dried mixed herbs

2 Large tomatoes or ½ of a 400g can of chopped tomatoes

1 Small Onion

1 clove of garlic

### Method

1. Put the olive oil, chilli powder, tomato puree and mixed herbs into a bowl and mix together using a wooden spoon.
2. Cut the tomatoes in half, if using fresh. Remove the green stem core and chop into small squares. Or open the can and put tomatoes into the bowl.
3. Cut the onion in half and chop it as finely as you can. Add to the bowl.
4. Peel the garlic. Crush the garlic clove straight into the bowl.
5. Mix all the ingredients together.
6. Put the salsa into a serving dish, cover with cling film and refrigerate until required.

## **Scones**

### Ingredients

Basic

200g Self Raising Flour

50g Margarine

140ml Milk

Optional

50g Sugar

50g Dried Fruits

70g Cheese

### Method

1. Set oven to 210°C.
2. Grease baking tray.
3. Sieve flour and rub in margarine. Add sugar, fruit or cheese if using.
4. Add half the milk and mix. Add more milk if needed and mix to make soft but not sticky dough.
5. Turn onto a floured board and knead lightly.
6. Roll with a rolling pin, shape and cut out scone shapes with a pastry cutter.
7. Place scones on the greased baking tray. Glaze with a little milk or egg, using a pastry brush.
8. Bake on top shelf of the oven for 10-15 minutes until golden brown.
9. Remove from the oven and place them on a cooling rack.

## **Tuille Biscuits**

### Ingredients

- 100g Butter
- 100g Icing Sugar
- 100g Flour
- 2 Egg whites

### Method

1. Mix all ingredients together.

REST FOR 1 HOUR

- 2. Spread mixture to required shape and size.
- 3. Bake at 230°C until golden brown.
- 4. While hot, mould biscuits to required shape and leave to cool.

## **Shortbread - Method 1**

### Ingredients

- 150g Plain Flour
- Pinch of Salt
- 100g Butter or Margarine
- 50g Caster Sugar

### Method

- 1. Sift the flour and salt into a mixing bowl.
- 2. Mix in the butter or margarine and sugar with the flour.
- 3. Combine all the ingredients into a smooth paste.
- 4. Roll carefully on a floured table, 1/2cm thick. Place on a lightly greased baking tray.
- 5. Mark the desired shape and size. Prick with a fork.
- 6. Bake in a moderate oven at 180-200°C for 15-20 mins.

## **Shortbread - Method 2**

### Ingredients

- 100g Plain Flour
- 100g Rice Flour
- 100g Butter or Marg
- 100g Caster Sugar
- 1 Medium Egg (beaten)

### Method

1. Sift the flour and rice flour into a mixing bowl.
2. Rub in the butter until the texture of fine breadcrumbs. Mix in the sugar.
3. Bind the mixture to a stiff paste using the beaten egg.
4. Roll out to 3mm using caster sugar, prick well with a fork and cut into fancy shapes.  
Place the biscuits on a lightly greased baking tray.
5. Bake in a moderate oven at 180-200°C for 15-20mins or until golden brown.
6. Remove with a palette knife on to a cooling rack.

## **Shortbread - Method 3**

### Ingredients

- 100g Butter or Marg
- 100g Icing Sugar
- 1 Medium Egg
- 150g Plain Flour

### Method

1. In a mixing bowl cream the butter or Marg with the sugar thoroughly.
2. Add the egg and mix in.
3. Mix in the flour.
4. Pipe onto a lightly greased and floured baking tray using a large star tube.
5. Bake at 200-220°C for approx. 15 mins.

## **Piped Biscuits Sables a la Ponche**

### Ingredients

75g Castor Sugar

150g Butter or Marg

1 Medium Egg

Grated Lemon zest OR 1 Vanilla essence

200g Plain Flour

35g Ground Almonds

### Method

1. Cream the sugar and butter/margarine until light in colour and texture.
2. Add the egg gradually beating continuously. Add 2-3 drops of vanilla or the lemon zest.
3. Sift in the flour and almonds, then fold in, until suitable for piping.
4. Pipe onto a lightly greased and floured baking tray using a medium sized star tube (a variety of shapes can be used).
5. Some can be left plain; some decorated with half almonds or neatly cut pieces of angelica and glace cherries.
6. Bake in a moderate oven at 190°C for about 10 minutes.
7. When cooked, remove on to a cooling rack using a palette knife.

## **Flapjacks**

### Ingredients

200g Porridge Oats

150g Hard Margarine

100g Brown Sugar

2 tbsp Golden Syrup

### Method

1. Melt the margarine, sugar and syrup together in a saucepan.
2. Take off the heat and add the oats and optional flavours.
3. Press the mixture into a foil baking tin.
4. Bake for 15 – 20 minutes until golden brown.
5. Cool and remove from the foil container and cut into squares.

### Alternative Ingredients:

Chocolate chips, Raisins.  
Cherries, Grated Orange/Lemon  
zest, Cinnamon.

## **Pancake Batter**

### Ingredients

100g Plain Flour

1 Egg

250ml Milk

1tbsp Vegetable/sunflower Oil

100g Pinch of Salt

### Savoury filled pancakes

#### Filling:

2 Tomatoes

50g Grated Cheddar Cheese

1 or 2 Mushrooms (optional)

Salt and Pepper

Roux Method white Sauce

#### Method

1. Sieve the flour and salt into a bowl. Make a well in the centre then break the egg into it.
2. Add a tiny drop of the milk and start, very gradually, to stir drawing in the flour little by little, adding more milk slowly. Once the flour is mixed in you can beat more firmly to remove any lumps and to incorporate the air. Add the oil, beat again until blended.
3. To fry the pancakes, heat a non-stick frying pan, The pan must be very hot before the pancake batter is added.
4. When the pan is hot enough, pour a small amount of batter into the centre of the pan and tip the pan from side to side to coat the bottom with a thin layer of the mixture.
5. Cook gently until set on top and golden underneath. Gently turn over and cook the other side.
6. Remove from the pan and keep warm on a plate in the oven.

## **Scotch Pancake Batter**

### Ingredients

200g Plain Flour

1 tsp Baking Powder

1 Egg

250ml Milk

Pinch of Salt

Oil

### Method

1. Sieve the dry ingredients into a bowl. Beat in the eggs and milk as for pancakes.
2. Mix to a smooth, thick, dropping consistency batter.
3. Drop a table spoon of batter onto a hot oiled frying pan, cook until bubbles appears on the surface.
4. Turn over and cook on the other side until golden brown.

## **Waffles**

### Ingredients

1 tsp Baking Powder

2 Eggs

300g Plain Flour

350ml Warm Milk

75ml Vegetable Oil

Pinch Salt

### Method

1. Pre-heat the waffle maker.
2. In a large bowl, combine the flour, baking powder and eggs. Mix well. (the mixture will not be fully smooth).
3. Pour warm milk on the edges of the bowl to clean it up. Stir the mixture quickly to avoid getting lumps. Stir in the oil. Let the batter rest for 30 minutes at room temperature if you have time.
4. Cook in the waffle maker according to the instructions.

## **Waffle Cones**

### Ingredients

100g Plain Flour

¼ tsp Salt

2 Eggs

70g Sugar

4 tbsp Butter, melted

60ml Milk

### Method

1. Preheat the waffle-cone maker.
2. In a small bowl, sieve together the flour and salt. Put to one side.
3. In a separate bowl, whisk together the eggs and sugar for about 1 minute until the sugar is well mixed in and the mixture has lightened in colour. Add the flour mixture and stir until well mixed in.
4. Add the butter and milk and stir until just combined.
5. Spoon just under 60ml of the batter onto the waffle-cone maker and spread over the surface with a spatula.
6. Close the lid and cook for at least 1 minute before lifting the lid to check for readiness. continue cooking until the desired colour is reached, 1 ½ - 2 minutes in total.
7. Quickly remove the waffle from the machine and quickly wrap around the cone shaper. Hold for a few seconds to set its shape.

## **Basic Batter Coating For Fish**

### Ingredients

50g Self Raising Flour

1/2 tsp Salt

60ml Water

### Method

1. Sieve flour and salt into a bowl.
2. Gradually mix in the water, beating well all the time to make smooth. The mixture should coat the back of a spoon.
3. Lightly cover the raw fish in flour and then dip into the batter.
4. Deep fry immediately in hot oil until crisp. Lift out of oil and drain onto kitchen paper.

By substituting half of the water for MILK and adding a teaspoon of oil, a slightly richer batter can be made which is useful for making fruit fritter e.g. apple or pineapple. These should be cooked in the same way as the fish and then sprinkled with caster sugar before serving.

This pastry may also be used for savoury fillings. It may also be piped into a ring and either cooked with a savoury mixture in the middle of the ring, or a savoury or sweet filling may be added after cooking. This is called a Gouger.

## **Yorkshire Pudding**

### Ingredients

100g Plain Flour

1 Egg

170ml Milk

80ml Cold Water

100ml Oil for cooking

Pinch of salt

### Method

1. Pre-heat oven (Gas 7/220°C)
2. Sieve flour and salt into a bowl. Make well in the centre then break the egg into it.
3. Add a tiny drop of the milk and water then start very gradually to stir drawing in the flour little by little, adding more liquid slowly. Once the flour is mixed in you can beat more firmly to remove any lumps and to incorporate air.
4. Heat the oil in a Yorkshire pudding tin in the oven until very hot.
5. Pour the batter into the tin and cook for 25-30 minutes until risen, golden and crisp.

To make Toad in the Hole, the same method is used but when the oil is heated in the oven, some raw sausages should be added to the tin to cook for 5 minutes or so before the batter is poured over them.

Fruit can also be added to the batter instead of sausages to make a dessert eg: apples. This can be served with sprinkled sugar, syrup or cream.

## **Scrambled Eggs**

### Ingredients

6 – 8 Eggs

2 Tbsp Milk (optional)

50g Butter

Salt and Pepper

### Method

1. Break the eggs in a basin, add milk (if using), season with salt and pepper and thoroughly mix with a whisk.
2. Melt 25g of the butter in a thick-bottomed pan, add the eggs and cook over a gentle heat stirring continuously until the eggs are lightly cooked.
3. Remove from the heat, correct the seasoning and mix in the remaining 25g butter (a tablespoon of cream may also be added).
4. Serve in individual egg dishes.

## **Boiled eggs**

Allow 1 – 2 eggs per person

### Method 1

Place the eggs in cold water, bring to the boil, simmer for 2 - 2 ½ mins, remove from the water and serve at once in an egg cup.

### Method 2

Plunge the eggs into boiling water, bring back to the boil and simmer for 3 – 5 mins (8 – 10 minutes for hard boiled).

## **Poached eggs**

Allow 1 -2 **very fresh** eggs per person

Splash of Vinegar

### **Method**

1. Bring a shallow pan of water with a splash of vinegar to the boil and then turn it down so that the water is just simmering.
2. Gently break the eggs, one at a time, into the water.
3. Gently simmer until the eggs are lightly set (approx. 2 ½ - 3 mins)
4. Carefully remove from the water with a slotted spoon. Drain excess water and serve.

## **Omelette**

Allow 2 – 3 eggs per portion

Butter for frying

Slt and pepper

### **Method**

1. Break the eggs into a bowl, season with salt and pepper.
2. Beat well with a whisk until the yolks and whites are thoroughly combined and no streaks of white can be seen.
4. Heat an omelette pan (or small frying pan) and add 10g of butter.
5. Heat the butter until it foams but is not brown.
6. Add the beaten eggs and cook quickly, moving the mixture continuously with a fork until lightly set.
7. Remove from the heat. Fold omelette over and gently slide out of the pan onto a serving plate.

## **Scotch Eggs**

### Ingredients

4 Hard Boiled Eggs

300g Sausage meat

25g Plain Flour

1 Beaten Egg

50g Breadcrumbs

### Method

1. Remove the shell from the eggs.
2. Completely cover each egg in the sausage meat.
3. Roll each covered egg in the flour, beaten egg then breadcrumbs.
4. Deep fry for 7 – 10 mins or bake in an oven (200°C) for 15 – 20 mins until golden.

## **Lemon Meringue Pie**

### Ingredients

200g Shortcrust Pastry *or 1 ready-made pastry case (omit steps 1 & 2)*

4 Level tbsp Cornflour

300ml Water

25g Butter or Margarine

2 Lemons (Zest grated and Juiced)

200g Caster Sugar (2 x 100g)

3 Eggs (yolks and whites separated)

### Method

1. Preheat the oven to 200°C.
2. Roll out the pastry and line a flan dish (approx.15cm).
3. Bake the pastry case 'blind' for 10 minutes. Remove the paper and baking beans and cook for a further 10 minutes. Remove from the oven and allow to cool. Lower the oven temperature to 160°C.
4. Meanwhile blend the cornflour to a smooth paste with a little of the cold water. In a saucepan bring the butter and remaining water to the boil, pour over the blended cornflour stirring continuously.
5. Pour the cornflour mixture back into a saucepan and cook for 3 minutes, stirring all the time. Remove from the heat and stir in the lemon zest and juice and 100g of the sugar. Allow the mixture to cool slightly before the next stage.
6. Stir the egg yolks into the cooled lemon sauce and pour into the flan case.
7. Whisk the egg whites until very stiff, add 50g of sugar and whisk again until stiff. Fold in the remaining sugar.
8. Pile the meringue on top of the lemon sauce making sure that the meringue touches the edge of the pastry.
9. Bake for 20 minutes at 160°C until the meringue is firm and lightly browned.

## **Chocolate Sponge Slice**

### Ingredients

100g Self-raising flour

100g Soft margarine

100g Caster sugar

1tsp Baking powder

2 Eggs

1tbsp Cocoa powder

1tbsp Raisins/sultanas

Optional: 100g chocolate chips, walnuts or cherries

### Method

1. Preheat oven to 200°C. Grease and line a tin with greaseproof paper.
2. Put all ingredients (except raisins and chocolate chips) into a bowl.
3. Mix well with a wooden spoon until smooth and creamy.
4. Add raisins and chocolate chips (or any other optional ingredients)
5. Pour mixture into a Swiss roll tin and smooth with a spatula.
6. Bake for 10 minutes, until spongy when touched.
7. Turn out onto a cooling rack and cool. Cut into fingers or squares.

## **Chocolate Brownies**

### Ingredients

200g Good Quality Dark Chocolate (70% Cocoa Solids)

250g Unsalted Butter

150g Chopped Nuts (Optional)

80g Cocoa Powder

65g Plain Flour

1 tsp Baking Powder

350g Caster Sugar

4 Large Eggs

### Method

1. Preheat oven to 180°C. Grease and line a 20 x 30cm rectangular tin with greaseproof paper.
2. Break the chocolate into small pieces.
3. Place the chocolate and butter in a large bowl and melt together over a saucepan of gently simmering water. Mix until smooth. Stir in the nuts if using.
4. In a separate bowl mix together the cocoa powder, flour, baking powder and sugar.
5. Add this to the chocolate mixture and stir well.
6. Beat the eggs and mix into the chocolate mixture until you have a silky consistency.
7. Pour the brownie mixture into the baking tray and bake for around 25 minutes until they are slightly springy on the outside but gooey in the centre.
8. Allow them to cool in the tray and then cut into squares.

## **Bread & Butter Pudding**

### Ingredients

275ml Milk

Lemon Zest

3 Eggs

Nutmeg/Cinnamon

6 Slices of bread (white or wholemeal)

25g Butter/Margarine

50g Dried Fruit

50g Sugar

A foil container or oven-proof dish

### Method

1. Preheat oven to 180°C/ Gas 5.
2. Butter bread and cut each slice into 4 pieces.
3. Line the dish with ½ the bread – butter side down.
4. Sprinkle fruit on to the bread.
5. Cover with the remaining bread – butter side up.
6. Measure milk in measuring jug, add eggs and sugar. Mix well.
7. Pour egg mixture over bread.
8. Press the bread down so that it is well soaked and sprinkle with a pinch of nutmeg.
9. Bake in preheated oven for 20-25 minutes until golden and set.
10. Serve

## **Gateau (Gateaux - plural)/Victoria Sponge Sandwich**

### Ingredients

200g Soft Margarine

200g Caster Sugar

200g Self Raising Flour (for chocolate sponge substitute 2 tbsp cocoa powder for 2 tbsp flour)

4 Eggs

1 tsp vanilla essence/grated orange or lemon zest

### Filling and decoration

250ml Double Cream, Soft fruit eg: strawberries, raspberries, blueberries

For a Black Forest Gateau use a chocolate sponge, 1 can of black cherries and a chocolate flake.

### Method

1. Preheat the oven to 180°C.
2. Grease and line with greaseproof paper 3 x 15cm sandwich tins (2 tins for a Victoria Sandwich).
3. Cream margarine and sugar together in a mixing bowl until light and fluffy using a wooden spoon.
4. Beat in the eggs one at a time. Add the vanilla essence or zest.
5. Fold in the sieved flour using a metal spoon.
6. Equally divide the mixture between the tins.
7. Bake for 15 – 20 minutes until golden brown and spongy.
8. Turn out onto a cooling rack. Allow to cool completely before decorating.

### Filling and decoration

1. Wash and prepare the fruit.
2. Lightly whisk the cream until suitable consistency for piping.
3. Layer the cream and fruit in between the cakes and finish by piping cream onto the top and decorating with fruit.

## **Swiss Roll**

### Ingredients

2 Eggs

75g Caster Sugar

50g Self Raising Flour

¼ tsp Vanilla Essence

1 tbsp warm water

### Filling:

2-3 tbsp Strawberry /Raspberry Jam

### Method

1. Set oven to 200°C.
2. Oil and line a Swiss roll tin with baking paper.
3. Whisk the eggs and sugar until thick and light in colour.
4. Gently fold in the sieved flour with a metal spoon, adding the water and vanilla as the last of the flour is folded in.
5. Spread mixture into the tin, pushing it well into the corners.
6. Bake at the top of the oven for approx' 10 minutes.
7. Warm the filling slightly to make it easier to spread. Dredge a sheet of greaseproof paper with caster sugar.
8. When the sponge is cooked, turn it out onto the sugared paper and quickly remove the paper from the bottom.
9. Quickly trim the edges of the sponge to neaten it up then spread the warmed filling over the sponge, leaving a margin around 3 sides.
10. Using the greaseproof paper to help you, roll the sponge away from you to form the Swiss roll shape as tightly as possible. Remove the paper and dredge with caster sugar.

NB: You need to work very quickly once the sponge is out of the oven as the sponge will crack whilst it is being rolled if it is too cool.

## **Sponge Fruit Flan**

### Ingredients

2 Eggs (at room temperature)

50g Caster Sugar

50g Self Raising Flour

Fruit for filling eg: Fresh strawberries, raspberries, tinned pears, apricots or peaches

### Method

1. Set oven to 200°C.
2. Oil a 20cm sponge flan tin. Place a disc of greaseproof paper over the centre of the base and lightly brush with oil.
3. Sieve the flour onto a plate.
4. Whisk the eggs and sugar together in a bowl until thick and creamy (the mixture should be thick enough to leave a trail on the surface for 8 – 10 seconds).
5. Sieve the flour again onto the egg and sugar mixture. Gently fold the flour in using a metal spoon.
6. Pour the mixture into the prepared tin.
7. Bake for approximately 15 mins until golden and spongy.
8. Cool for a couple of minutes then turn out onto a cooling rack.
9. Prepare the fruit and fill the sponge case with a layer of cream and fruit as required. Finish with quick gel/piped cream.

## **Tiramisu**

### **Ingredients**

568ml Double Cream

250g Mascarpone cheese

5 tbsp Caster Sugar

2 tbsp Coffee Granules

300ml Boiling Water

175g Pack Sponge Fingers

25g Dark Chocolate

2 tsp Cocoa Powder

### **Method**

1. Put the cream, mascarpone and sugar into a large bowl. Whisk until the cream and mascarpone have completely combined and have the consistency of thickly whipped cream.
2. Put the coffee into a shallow dish and dip in a few sponge fingers at a time, turning for a few seconds until they are nicely soaked but not soggy. Layer these into your dish until you have used half the biscuits then spread over half of the creamy mixture. Using the coarse side, grate over most of the chocolate. Repeat the layers (finish up all of the coffee), finish with the creamy layer.
3. Cover and chill for a few hours or overnight. This can be kept in the fridge for up to 2 days. To serve, dust with cocoa powder and grate over the remaining chocolate.

## **Low Fat Tiramisu**

### Ingredients

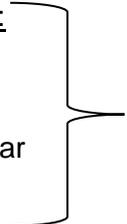
#### For the Sponge:

3 Eggs

75g Caster Sugar

75g Plain Flour

Or use 1 packet sponge fingers



#### Filling:

250g Ricotta

125g Fat Free Greek Yoghurt

40g Caster Sugar

3 tbsp Crushed Hazelnuts

1 tsp Vanilla Essence

100ml Cold Strong Coffee

Cocoa Powder for dusting

#### Method

1. Preheat the oven to 200°C.
2. Grease and line a Swiss roll tin.
3. Whisk the eggs and the sugar together until thick and creamy, when ready it should leave a trail on the top for 10 seconds.
4. Gently fold in the sieved flour with a metal spoon.
5. Pour the mixture into the tin and bake for 10-12 minutes until golden brown.
6. Turn out onto paper and peel off the greaseproof.
7. Mix the ricotta with the yoghurt and sugar. Add the nuts and stir well. Pour the coffee into a jug.
8. Cut the sponge and lay into a rectangular serving dish. Pour some of the coffee over the top evenly.
9. Spread half of the ricotta mixture over the top. Repeat the process with the rest of the ingredients.
10. Dust with cocoa powder. Chill until set.

## **Fruit Crumble**

### Ingredients

1 tin/jar of fruit pie filling

100g Self raising flour

50g Margarine

50g Sugar

### Method

- 1 Preheat the oven to 180°C.
2. Put fruit pie filling into an oven-proof dish.
3. In a mixing bowl rub margarine into flour with fingertips-until fine breadcrumbs
4. Add sugar.
5. Pour mixture over fruit.
6. Bake until golden brown.

## **White Chocolate Mousse**

### Ingredients

125ml Milk

Grated zest of 1 Orange

2 Eggs

150g White Chocolate

25g Caster Sugar

2 Sheets of Leaf Gelatine

250g Whipping Cream, Fromage Frais or Natural Yoghurt

### Method

1. Soak the leaf gelatine in cold water until soft.
2. Heat the milk to boiling point with the orange zest.
3. Add the white chocolate and melt. Stir well, away from the heat.
4. Whisk the eggs and sugar together, add the hot milk and return to a **clean** saucepan.
5. Stir with a wooden spoon over a gentle heat until the mixture coats the back of the spoon.  
Do not boil or the egg will curdle.
6. Squeeze the excess water from the gelatine and add to the hot custard.
7. Cool the mixture until almost at setting point.
8. Add the lightly whipped cream or alternative and pour into the mould.
9. Refrigerate until set. Turn out onto a serving plate.

NB: This mousse can be prepared in individual moulds, turned out onto plates and topped or served with fruit eg: strawberries or raspberries, or a suitable sauce eg: lemon, orange or strawberry.

## **Bavarois**

### Ingredients

10g (1 sachet) Powdered Gelatine

50g Caster Sugar

2 Eggs separated

250ml Milk

125ml Whipping or Double Cream

### Method

1. Soak the gelatine in a small bowl in 3 tablespoons of cold water until it becomes spongy.
2. Heat a small saucepan of water, when hot place the bowl of sponged gelatine into the water and stir occasionally until the gelatine has completely melted.
3. Meanwhile, whisk the egg yolks and sugar in a bowl until almost white.
4. Bring the milk to the boil in a saucepan and whisk onto the eggs and sugar.
5. Return to a low heat in a **clean** saucepan and stir continuously with a wooden spoon until the mixture coats the back of the spoon. Do not allow it to boil or the eggs will curdle.
6. Remove from the heat and stir in the melted gelatine.
7. Pass through a fine sieve into a clean bowl, leave in a cool place, stirring occasionally until almost at setting point.
8. Fold in the lightly beaten cream and then the stiffly beaten egg whites.
9. Pour the mixture into a mould.
10. Allow to set in a refrigerator then turn out onto a serving plate.

NB: Flavourings may be added to the basic bavarois recipe. Vanilla – add a few drops of vanilla essence to the milk before heating. Coffee – add coffee essence or instant coffee to the milk. Orange/lemon/lime – add grated zest of two fruits to the mixture and increase the amount of gelatine by 6g.

## **Coconut Ice**

### Ingredients

400ml condensed milk

350g desiccated coconut

450g icing sugar, sieved

4-5 drops of pink food Colouring

Use foil containers for this recipe.

### Method

1. Combine the condensed milk and icing sugar in a mixing bowl.
2. Stir in the coconut (the mixture should be stiff).
4. Pour two-thirds of the mixture into the foil container. Combine the remaining one-third with a few drops of pink food colouring, then quickly pour over the first layer in the tin.
5. Smooth the top, pressing down slightly.
6. Put it into the blast chiller. Allow the coconut ice to cool completely.
7. Lift out of the tin and place on a cutting surface. Cut into squares and serve. Store in an airtight container.

## **Porridge**

### Ingredients

50g Oats

200ml Water

200ml Milk

1 tbsp Sugar/Honey

¼ tsp cinnamon

25g Berries, ½ Banana, Pear or handful of muesli

### Method

1. Put the oats into a saucepan and stir in the milk and water. Bring to the boil.
2. Simmer for 10 minutes, stirring occasionally.
3. Stir in the sugar/honey and cinnamon.
4. Serve in bowls with the fruit.

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