

# Apple Crumble

## Ingredients

2 large cooking apples  
75g soft brown sugar  
 $\frac{1}{2}$  teasp ground cinnamon  
2 tablespoons orange juice

### *For the Crumble*

180g plain flour  
60g caster sugar  
90g butter  
pinch of salt

## Equipment

Apple corer  
vegetable knife  
teaspoon  
tablespoon  
Medium saucepan  
2xfoil containers  
chopping board  
baking bowl

## Method

1. Pre-heat oven to 200° C. Peel core and slice the apples.
2. Place the apples in a medium saucepan and add the brown sugar, cinnamon and orange juice. Cook them until soft.
3. Divide the apples into the two foil containers and make the crumble.
4. Place the flour and salt into the baking bowl.
5. Cut the butter into smaller pieces and add to the baking bowl. Rub in with your finger tips until the mixture resembles fine breadcrumbs.
6. Add the sugar.
7. Sprinkle crumble on top of the apples. Do NOT press it down.
8. Bake for 20 - 25 minutes until the top has browned.

Serve hot with custard or cream or ice-cream.

# BANANA BREAD

## Ingredients

100g margarine  
100g brown sugar  
2 eggs  
1 large banana  
200g self raising flour

## Equipment

baking bowl  
sieve  
pyrex plate  
white bowl  
wooden spoon  
Plastic scraper  
Whisk/fork  
Knife  
2 loaf tins

## Method

1. Cream margarine and sugar
2. Beat eggs and mashed bananas into a bowl
3. Sieve in flour and beat with a wooden spoon for 1-2 minutes
4. Put into prepared 500g loaf tin
5. Bake in the oven at 180c for approx 40-50 minutes until brown and firm to the touch.
6. Remove from tin and leave to set before cutting

# Beefburgers

## Ingredients

(Makes 2 Burgers)

75g lean minced beef  
 $\frac{1}{2}$  cup brown breadcrumbs  
 $\frac{1}{2}$  small onion  
 $\frac{1}{2}$  a beaten egg  
1 dessertspoon tomato ketchup

## Equipment

health grill  
vegetable knife  
chopping board  
baking bowl  
dessert spoon  
fork  
flour dredger

*Bap and salad to serve*

## Method

1. Finely chop the onion
2. Beat the egg in a small bowl
3. Mix the mince, breadcrumbs, tomato ketchup, onion and egg all together in the bowl.
4. Sprinkle a little flour from the flour dredger on to your table and turn the mince mixture out on it. Divide in two.
5. Turn health grill on to heat.
6. Shape mixture into 2 beefburgers.
7. Place burgers in the grill and cook for about 10 - 15 minutes until thoroughly cooked through and juices run clear.
8. Serve on a bap with lettuce and tomato.

## Cottage Pie

Serves 2

### **Ingredients**

200g lean minced beef  
 $\frac{1}{2}$  an onion (chopped)  
1 carrot, peeled and chopped **very finely**  
1 tbsp plain flour  
150ml vegetable stock  
1 tbsp tomato puree  
 $\frac{1}{2}$  tsp dried mixed herbs  
Salt and black pepper

### **Equipment**

2 medium saucepans  
vegetable knife  
Chopping board  
Potato peeler  
Measuring jug  
wooden spoon  
2xfoil containers  
potato masher

### **Potato topping**

2 large or 4 medium potatoes peeled and chopped  
Small handful cheddar cheese, grated  
Salt and black pepper

### **Method**

1. Boil the potatoes until softened.
2. Meanwhile, dry fry the mince, onion and carrots for 3-4 minutes. Add the flour. Make up stock using boiling water and gradually add to the mince together with the tomato puree and dried herbs. Bring to the boil and stir until thickened. Season and divide the mince mixture between the foil containers.
3. Drain and mash the potatoes with half the cheese. Season and place on top of mince mixture.
4. Sprinkle with remaining cheese and bake in the preheated oven at 180° C for 25 minutes until golden.

Serve with a selection of seasonal vegetables.

## **Crispy Chicken and Broccoli Bake with Potato Topping**

### **Ingredients (Serves 2)**

1 large chicken fillet, cubed  
50g broccoli, cooked  
1 tablespoon oil  
4 large potatoes  
Knob of butter

### **White Sauce**

15gms butter  
15gms plain flour  
160mls milk

### **Equipment**

Frying pan  
Medium saucepan  
Tablespoon  
Chopping board  
Wooden spoon  
Vegetable knife  
Measuring jug  
2 foil containers  
large saucepan  
potato masher

### **Method**

1. Stir-fry chicken for 5 minutes.
2. Make up the white sauce by adding the butter, plain flour and milk into a medium saucepan. Bring to the boil, stirring continuously until the sauce has thickened then add half the grated cheese, saving the remainder for garnishing.
3. Add the broccoli and cooked chicken and stir gently.
4. Divide the mixture into two foil containers. Top with mashed creamed potatoes and sprinkle with grated cheese.
5. Place in the oven at 180° C for 15 - 20 minutes until golden.



## Herby Chicken Couscous

### Ingredients (Serves 2)

110g couscous  
150mls hot chicken or vegetable stock  
1 large chicken fillet  
Salt and freshly ground pepper  
15g butter  
2 tablespoons olive oil  
Tablespoon fresh mint, finely chopped  
Tablespoon flat leaf parsley, finely chopped  
1 celery stick, finely diced  
1 garlic clove, crushed  
tablespoon sultanas (optional)  
1 tablespoon of lemon juice

### Equipment

large bowl  
measuring jug  
2xchopping boards  
vegetable knife  
wooden spoon  
garlic press  
frying pan  
2 foil containers

### Method

1. Put the couscous in a large bowl, add the hot stock and leave for five minutes.
2. Slice the chicken breast lengthways with diagonal cuts into thin slices and season.
3. Place butter and 1 tablespoon of oil into the frying pan and heat until the butter has melted. Add the chicken pieces and cook for 3-4 minutes on each side until cooked through.
4. Add the mint, parsley, celery, garlic and sultanas to the couscous and season. Toss the ingredients together.
5. Mix the remaining olive oil with the lemon juice.
6. To serve spoon the couscous onto plates, place chicken on top and drizzle with the lemon dressing.

## Lasagne

### Ingredients (Serves 2)

4 sheets of lasagne  
 $\frac{1}{2}$  an onion  
200gms lean minced beef  
Small tin of chopped tomatoes  
A pinch of mixed herbs  
1-teaspoon tomato puree  
50gms cheddar cheese  
2 mushrooms

### Equipment

medium saucepan  
small saucepan  
chopping board  
vegetable knife  
wooden spoon  
Foil container  
measuring jug

### White Sauce

20gms butter  
20gms plain flour  
250mls milk

### Method

1. Pre-heat the oven to 190° C/Gas Mark 5
2. Chop up the onion, slice the mushrooms and fry with the minced beef until brown (use a little oil if necessary)
3. Add the chopped tomatoes, mixed herbs and tomato puree. Simmer for 15 minutes
4. Make up the white sauce by adding the butter, plain flour and milk into a medium saucepan. Bring to the boil, stirring continuously.
5. Put a layer of mince in the foil container then a layer of lasagne followed by another layer of mince. Finish with a layer of lasagne and top with the white sauce.
6. Sprinkle with cheese.
7. Place in the oven for 35 minutes.



## Pineapple upside down pudding

### Ingredients

150g soft margarine  
150g caster sugar  
150g self-raising flour  
2 eggs  
2 pineapple rings  
Tablesp golden syrup  
2 cherries

### Equipment

baking bowl  
small bowl  
large plate  
fork  
tablespoon  
electric beaters  
sieve  
2 x foil trays

1. Preheat oven to 180° C. Place one pineapple ring in the bottom of each foil container. Put a cherry in the centre of each ring.
2. Drizzle a little golden syrup over each pineapple ring. Sieve the flour onto the large plate.
3. Cream together the margarine and sugar in the baking bowl until light and fluffy.
4. Crack the eggs into the small bowl and beat.
5. Add a little egg and sieved flour time about to the mixture beating between each addition.
6. If the mixture is too stiff beat in a little milk.
7. Spread the mixture evenly over the pineapple rings in the foil trays.
8. Bake for approx 30 minutes until golden.

*Serve with fresh cream or custard.*

# Pizza

## Ingredients

150g self-raising flour  
1-tablespoon oil  
90mls milk  
2 tablespoons pizza topping  
 $\frac{1}{2}$  onion  
2 slices ham  
 $\frac{1}{2}$  pepper  
100g-cheddar cheese

## Equipment

Baking tray  
sieve  
measuring jug  
Tablespoon  
Chopping board  
Vegetable knife  
Baking bowl  
flour dredger  
table knife  
rolling pin

## Method

1. Pre-heat the oven to 220° C.
2. Grease a baking tray with a little oil.
3. Sift the flour. Mix the flour, oil and milk to a soft dough using the table knife.
4. Roll the dough into two rounds, 1cm thick and place on the baking tray.
5. Spread the pizza topping onto the dough.
6. Chop the onion and pepper finely.
7. Put the onion, pepper and ham onto the pizza base.
8. Sprinkle with grated cheese.
9. Bake for approximately 20 minutes.

## Real Chicken Nuggets

### Ingredients (serves 2)

100gm bread (brown or white)  
 $\frac{1}{4}$  teasp garlic powder  
Pinch of paprika  
 $\frac{1}{2}$  an egg  
60mls milk  
200gms diced chicken

### Equipment

plastic bag  
Baking tray  
teaspoon  
fork  
food processor  
chopping board  
palette knife  
vegetable knife

### Method

1. Lightly toast the bread and break it into pieces crusts and all. Make this into fine breadcrumbs in the food processor.
2. Add the garlic powder and paprika and whiz again.
3. Place the breadcrumbs in the plastic bag (a freezer bag is ideal)
4. Beat the egg in a large bowl with the milk.
5. Add the chicken pieces to coat with the egg mixture.
6. Transfer the chicken pieces to the bag of breadcrumbs and toss to coat evenly.
7. Arrange the crumbed chicken on a lightly greased baking tray and bake in a pre-heated oven at 200 °C for approx 10 minutes until brown and crisp. Use a palette knife to remove the nuggets from the baking tray.

### Chilli Dip *(Demo for class)*

8 tbsp honey  
8 tbsp soy sauce  
8 limes, juice only  
4 tbsp dried chilli flakes

### Method

Place all the ingredients in a small saucepan over a medium heat. When the mixture thickens pour into a bowl to cool.



# Smartie Cookies

## Ingredients

100g butter  
100g light muscovado sugar  
1 tbsp golden syrup  
150g self-raising flour  
1 tube of Smarties

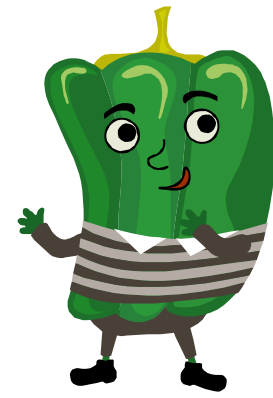
## Equipment

baking bowl  
electric mixer  
tablespoon  
wooden spoon  
baking tray, greased  
cooling rack  
spatula

## Method

1. Preheat the oven to 180° C
2. Beat the butter and sugar in the baking bowl until light and creamy, then beat in the syrup.
3. Work in half the flour.
4. Stir in the Smarties and the remainder of the flour. Work together to form a dough with your fingers.
5. Divide into 14 balls.
6. Place them well apart on the greased baking tray. Do not flatten them.
7. Bake for 12 minutes until pale and golden at the edges.
8. Cool on a wire rack.

# Vegetable Risotto



## Ingredients (Serves 2)

### Equipment

1 tbsp sunflower or vegetable oil  
1 small onion chopped  
4 mushrooms, halved  
 $\frac{1}{2}$  green pepper  
 $\frac{1}{2}$  red pepper  
1 tbsp sweetcorn  
1 garlic clove, crushed  
250mls hot vegetable stock  
made with a cube  
100gms long grain rice  
handful grated cheese

large saucepan with lid  
chopping board  
vegetable knife  
tablespoon  
garlic crusher  
wooden spoon  
2 foil containers  
measuring jug

### Method

1. Place the oil into the large saucepan and allow to heat.
2. Add all the prepared vegetables (**except the sweetcorn**) and cook for a few minutes until softened. Then add the garlic, sweetcorn and rice.
3. Pour in the stock, stir once and bring to the boil.
4. Turn down to a gentle simmer and cook with the lid on the pot for 15 minutes, until most of the liquid has gone. The rice will be a little underdone at this point.
5. Take off the heat, give it a stir and cover with the lid. Leave for 5 minutes to finish cooking in its own steam.
6. Stir most of the cheese through the rice, then season to taste.
7. Serve in bowls with the remainder of the cheese on top.



## White Chocolate & Cranberry Muffins

### Ingredients (Makes 12 muffins)

250g self-raising flour  
1-teaspoon baking powder  
100g caster sugar  
Pinch of salt  
160ml milk  
100g melted butter  
2 eggs (beaten)  
100g chocolate chips & cranberries

### Equipment

Baking bowl  
Sieve  
Teaspoon  
Measuring jug  
wooden spoon  
Muffin cases  
Muffin tin  
Spatula

### Method

1. Sieve the flour, baking powder, salt and caster sugar into the baking bowl.
2. Stir the white chocolate chips & cranberries.
3. Melt the butter using the microwave and add to the bowl together with the milk and beaten eggs. Stir gently with a wooden spoon.
4. Spoon the mixture into the muffin cases filling them to 2/3 full.
5. Bake for about 15 minutes at 180° C until well risen and firm to the touch.

*Dust with icing sugar to serve*