

## Easy Bread - Turn the oven onto 50c

- 1) Place flour, salt & margarine into a mixing bowl.
- 2) In a measuring jug place 200g of lukewarm water and 1 packet of yeast
- 4) Rub margarine/butter into the flour to using finger tips
- 5) Add any other flavourings.
- 6) Smell the yeasty water to assess if the yeast is active. Add to the flour mix.
- 7) Mix with a table knife, add more water if necessary.
- 8) Knead for 10 minutes till smooth & springy
- 9) Place in the oven on a tray covered with a tea towel
- 10) Remove and turn the oven onto 210c
- 11) Shape and place on baking tray.
- 12) Prove for as long as possible.
- 13) Bake until golden and hollow.



**400g Strong Plain  
Bread Flour**  
**25g Margarine/butter**  
**1tsp salt**  
**1 pkt (7g) dried yeast**  
**Any extra ingredients**  
**e.g. spices, herbs,**  
**garlic butter, olives,**  
**dried fruit, cheese**  
**etc**

# Proper Pizza

250g Plain flour

1tsp salt

½ packet yeast

1tbsp olive oil

## **Pizza Turn on oven to 230c (really hot)**

1. Combine your (1/2 packet) yeast, 1tbsp olive oil & 75ml lukewarm water (37c) & leave for a few minutes. (In a measuring jug)
2. Pile 250g flour and 1tsp salt into a mixing bowl and make a well in the centre.
3. Pour in your liquid into the mixing bowl
4. USING A TABLE KNIFE, slowly bring in the flour from the inner edge of the well and mix into the water.  
Continue to mix, bringing in all the flour.
5. When the dough comes together and becomes too hard to mix with your knife, flour your hands and begin to pat it into a ball.
6. Knead the dough for 10 minutes, until you have a smooth, springy, soft dough.
7. Leave to proof on a baking tray for 1hr in a warm place
8. Grate cheese and prepare other ingredients.
9. Split into two and roll out dough onto baking tray until 1cm thick.
10. Spread on tomato puree and add other ingredients, then the cheese.

Cook for approx 10-15mins until golden & the bottom is crisp

# Homemade Dolmio & Pasta

Gather equipment: chopping board, sharp knife, two saucepans.

Fill saucepan with water & bring to the boil.

When boiling add the pasta (takes ten minutes to cook).

Chop onion & garlic finely.

Fry onion & garlic in olive oil (medium heat) until it goes see through. Add other ingredients.

Add chopped tomatoes & 1tsp tomato purée.

Simmer for 10-15mins & then season with salt, pepper & 1 tsp cider vinegar

When cooked drain the pasta and add to the sauce.

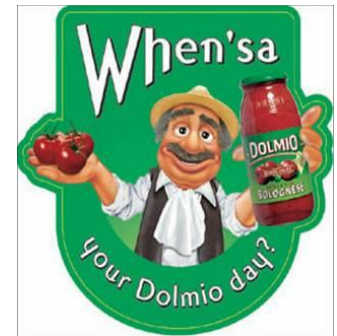
200g Pasta shapes  
(any)

1 onion

1 clove garlic

1 tin chopped  
tomatoes

2tbsp olive oil



Heat oven to 210C.

- 1) Peel, core & chop apples & place in cold water
- 2) Place the apples, sugar and sultanas in a saucepan with a lid on.
- 3) Add 1 tbsp of water and cook on heat 4 until the apples are soft, stirring once or twice.
- 4) Tip into a mixing bowl to cool
- 5) Wash up and clean surfaces
- 6) Cut the sheets of filo in thirds lengthways, then brush lightly with the melted butter.
- 7) Place a spoonful of the apple filling at the top of each strip, then fold over and over to form triangular parcels.
- 8) Place on a baking tray & bake for 15-20 mins until crisp and golden.

2 cooking apples,  
peeled, cored and  
chopped

50g caster sugar

50g sultanas

4 sheets filo pastry



## Apple Pie Samosas



# Pitta Bread

250g/9oz strong white flour, 1 x 7g sachet  
instant yeast  
1 tsp salt  
160ml/5½fl oz water  
2 tsp olive oil

In a bowl, mix together the flour, yeast & salt.

Add 120ml/4fl oz of the water and 1½ teaspoons of oil.

mix the ingredients together with a table knife

Gradually add the remaining water & oil (You may not need all the water; the dough should be soft and not sticky.)

Knead for 5-10 minutes until smooth

**Place it into your mixing bowl and leave to prove for 30mins**

Prepare your fillings

Preheat the oven to 240c.

Place your baking tray into the oven to heat up.

When the dough has doubled in size, tip it out onto a work surface dusted with flour.

Knead for a minute to get rid of the air

Split the dough into 4-6

equally sized balls. Roll each ball into an oval shape 3-5mm thick.

Remove the hot tray from the oven, (BE EXTREMELY CAREFUL) dust with flour and place the pitta breads on it.

Bake for 5-10 minutes, or until they just start to colour.

# Falafel

- **For the falafel**
  - 2 tbsp [olive oil](#)
- 1 small [onion](#), finely chopped
  - 1 [garlic](#) clove, crushed
- 1 x 400g/14oz can [chickpeas](#)
  - 2 tsp ground [cumin](#)
  - 1 tsp mixed [herbs](#)
  - 1 [lemon](#), zest grated
  - salt and [black pepper](#)
    - 1 [egg](#), beaten

Heat a tablespoon of oil in a small pan. Fry the onion over a medium heat for 3-4 minutes until softened. Add the garlic and fry for a further two minutes and remove from the heat.

Drain and rinse the chickpeas and transfer to a mixing bowl. Add the sautéed onion and garlic and crush together with a potato masher until the mixture is broken down.

Add the cumin, mixed herbs and lemon zest and mix well. Taste and season with salt and pepper. Add the egg and mix together.

Preheat the oven to 200C.

Divide the mixture into 16 walnut-sized balls and place on a non-stick baking tray. Rest in the fridge for 20-30 minutes.

Remove the falafel from the fridge, drizzle with the remaining oil and bake for 25 minutes, or until crisp and golden-brown.

Turn occasionally to ensure even cooking.

# Chicken & Garlic Kebabs

Using a white chopping board, cut your chicken into small chunks.

Place in a metal mixing bowl with your flavourings, chopped garlic, lemon zest, a tbsp of olive oil, S&P, spices (optional) and some juice if you like.

Place in the fridge to marinade.

Chop all your vegetables into chunks.

Thread your meat and vegetable onto sticks.

Pre-heat the grill to full

CAREFUL HOT

Grill your kebabs for approx 5 minutes each side

Check your chicken is cooked

Clean up your area.

Disinfect chopping boards and work surfaces

# Spanish Tortilla

75ml/3½fl oz olive oil

500g/1½lb potatoes

2 garlic cloves

6 eggs

2 white onions

Slice the potatoes thinly & place in a saucepan of boiling water for 10 minutes until soft enough to chew.

Drain well and allow to dry.

Slice the onions thinly

Heat the olive oil in a large frying pan over a low heat.

Add the onions, and cook for 5 minutes.

Pat the potatoes dry and add them to the onions with the bashed garlic.

Cook, stirring occasionally for 10-15 minutes.

Beat the eggs into a large bowl, add the potato-and-onion mixture and season well with salt and freshly ground black pepper.

Add 1 tsp of oil and cook other ingredients (e.g. paprika)

Mix with other ingredients & return to frying pan on low heat.

Evenly distribute the potato, onion and other ingredients, reduce the heat to low 10-15mins unit set.

Preheat the grill to high. Place the tortilla pan under the grill until set and golden. CAREFUL YOUR PAN WILL BE SEARINGLY HOT



# Pea Guacamole

*Frozen peas*  
*Tomatoes*  
*Red onion or spring onions*  
*Lime*  
*Fresh chillies (optional)*  
*Coriander (optional)*

Cook your peas in boiling water  
for 3-4mins  
Drain them and cool them under  
cold water  
Blend the peas until smooth-ish  
Finely chop other ingredients and  
add to the peas  
Season with salt, pepper, lime  
zest, lime juice and olive oil.  
Keep tasting, add a little  
seasoning at time.

# Houmous

*1 tin chickpeas*  
*1 lemon*  
*1 clove garlic*  
*Olive oil*  
*Zatar spice mix or 2tsp tahini*  
*Fresh parsley or coriander*

Drain and blend your chickpeas  
with 2 tbsp of cold water  
Add ½ clove garlic and 2 tbsp  
olive oil  
Blend until smooth-ish  
Season with lemon juice, salt,  
pepper.  
Add more garlic, tahini or lemon  
when needed.  
Fresh parsley or coriander at the  
end.

# Pancake Art/Pancakes

110g plain flour

pinch of salt

2 large eggs

200ml semi-skimmed milk

50g butter

First of all sift the flour and salt into a large mixing bowl with the sieve held high above the bowl so the flour gets an airing.

Now make a well in the centre of the flour and break the eggs into it. Then begin whisking the eggs using an electric whisk or a balloon whisk – incorporating any bits of flour from around the edge of the bowl as you do so.

When the mixture starts thicken, gradually add small quantities of the milk, still whisking (don't worry about any lumps as they will eventually disappear as you whisk).

When all the liquid has been added, use a rubber spatula to scrape any elusive bits of flour from around the edge into the centre, then whisk once more until the batter is smooth, with the consistency of thin cream.

Pour into squirty bottle, melt some butter in a pan (heat 6)  
Wait for the butter to sizzle and try out a design  
Coco powder can be added for different colours



# Bombay Potatoes

2 tbsp [oil](#)  
¼ tsp [mustard seeds](#)  
2 pinches of [chilli powder](#)  
¼ tsp [turmeric](#) powder  
2 potatoes,

## Preparation method

Peel, chop and boil the potatoes until soft but not too soft

Heat the oil in a pan on a medium heat setting.

To check that the oil is hot enough, sprinkle in a few mustard seeds, if they pop the oil is ready. Then add the remainder of the mustard seeds.

Add the chilli and turmeric powders to the sizzling seeds, and salt to taste.

Fry this pungent mixture of oil and spices for 1 minute then add the potatoes. Fry for about 4 minutes until the potatoes are smothered in seeds and appear to have crispy edges. They will look quite yellow in colour. Cover the pan and on a low heat, cook the potatoes for a further 5 minutes.

Serve immediately.

To make the sauce, drain the pineapple in a sieve over a bowl and keep all the juice – you should have about 150ml/5fl oz. Put the cornflour in a large bowl and stir in three tablespoons of the pineapple juice to make a smooth paste.

Add the remaining juice and 75ml water, then stir in the soy sauce, vinegar, sugar, ketchup and chilli powder until thoroughly combined.

**Prepare your all meat, veg and aromatics**

**Cook your rice/noodles**

Heat a tablespoon of the oil wok and stir-fry the veg for two minutes over a high heat. Add the remaining oil and the chicken to the pan and stir-fry for two minutes until coloured on all sides.

Add the garlic, ginger, pineapple chunks and stir-fry for 30–60 seconds.

Give the cornflour and pineapple mixture a good stir and add it to the pan with the chicken and vegetables.

Stir well, season with some ground black pepper and bring to a simmer.

Cook for 4–6 minutes until the sauce is thickened and glossy and the chicken is tender and cooked throughout,

1 x 425g [pineapple](#) chunks in natural juice

1 tbsp [cornflour](#)

1 tbsp dark [soy sauce](#)

1 tbsp [white wine vinegar](#)

1 tbsp soft light [brown sugar](#)

1 tbsp tomato [ketchup](#)

½ tsp chilli powder

1 boneless, skinless [chicken breasts](#)

1 tbsp [sunflower oil](#)

2 [garlic](#) cloves, peeled and crushed

Thumb size piece of ginger – prepared & grated

Sweet and  
Sour

# Chunky Salsa



1 red onion  
4 (ish) ripe tomatoes  
½ pepper (any colour)  
½ red chilli  
½ tsp paprika  
1 lime  
Salt & Pepper  
Olive Oil

Chop the onion, chilli and pepper as finely as you can and place in a mixing bowl.

Chop the middle out of the tomato and save them for a tomato sauce.

Chop the tomato's finely and add to the salsa.

Season with a little lime juice, paprika, S&P.

Add 1 tsp olive oil.

Taste & eat

## **Want it sweeter?**

Add sweetcorn, pineapple or chopped up avocado.

# Risotto

1.1 litre stock

25g butter

1 stick celery

1 onion

500g Risotto Rice

75g (ish) parmesan cheese

125ml ml white wine

Make up a 1.1l of hot stock in a measuring jug

Peel and finely chop the onion and garlic, trim and finely chop the celery. Finely grate the Parmesan.

In a separate pan, heat 1 tsp oil and the butter over a low heat (1-2), add the onions, garlic and celery, and fry gently for about 15 minutes, or until softened but not coloured.

Add the rice and turn up the heat to 5 – the rice will now begin to lightly fry, so keep stirring it. After 1 minute it will look slightly translucent. Add the wine and keep stirring.

Add your first ladle of stock and a good pinch of salt. Turn the heat down to a simmer (1-2) so the rice doesn't cook too quickly on the outside.

Keep adding ladleful's of stock, stirring allowing each ladleful to be absorbed before adding the next. This will take around 15 minutes.

Taste the rice — is it cooked?

Carry on adding stock until the rice is soft but with a slight bite.

Don't forget to check the seasoning carefully. If you run out of stock before the rice is cooked, add some boiling water.

Remove the pan from the heat and the Parmesan, then stir well.

# Leek and Potato Soup

**2 leeks**

**1 potato**

**1tbsp butter**

**1/2 teaspoon olive oil**

**1/2 stock cube (veg or chicken)**

Finely slice the leeks

Dice the potato into small cubes (ensuring they are all similar sizes)

Heat your butter and oil in a saucepan gently.

Sweat the leeks until very soft.

Add the diced potato

Fry for 2 mins

Add the stock cube.

Cover with water (not too much)

Simmer until the potato is cooked.

Blend

Season

# Roast Pepper & Tomato Soup

Chop your pepper in half and take out the seeds.

Place this on a baking tray and put into the oven (210c) for 10-15 mins until golden.

Finely chop your onion and garlic.

Heat 2 tsp of olive oil in a saucepan on heat 3.

Fry your onion and garlic until soft.

Add tinned tomatoes and 1tsp tomato puree

Add 100ml water and simmer until soft

Chop up the pepper and add.

Blend, season and taste your soup



# Flatbread

**400g plain flour 2 tsp sea salt  
1 tsp instant yeast,  
2 tbsp olive oil,**

Place the flour and salt into a large bowl and make a well in the centre.

In a measuring jug stir the yeast and olive oil into 225ml lukewarm water and pour into the well in the dry ingredients.

Mix to form a soft but firm dough.

Transfer the dough to a lightly floured surface and knead for about 5 minutes until smooth and elastic.

Put the dough on a tray, cover with a tea towel and leave to rise in the oven on 50c for 30 minutes

Knock back the dough by kneading it for 2 minutes

Divide it into six even balls and roll each ball into an oval about 5mm thick.

Preheat a griddle pan. Brush each flatbread with olive oil and cook on the griddle for 2–3 minutes, turning once. Sprinkle with sea salt before serving.

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# Pasties

*Person 1: Make the Pastry*  
*Person 2: Prepare the fillings*

## Pastry

**200 Cold butter**

**400g Plain flour**

Chop the butter into small chunks place in a bowl, add your flour & rub in with your fingertips until it looks like breadcrumbs. Slowly add, cold water & mix with a table knife until you have a soft dough.

Cool your pastry in the fridge

Roll your pastry out until 1cm thick.

Cut out using a small plate as a template.

Turn on oven to 210c

Fill one half of the dough, Fold, seal and crimp

Place on a baking tray.

Brush with egg

Cook for approx twenty minutes until golden & crisp



1. Preheat oven to 200c or 190c fan.  
Line muffin tray with paper muffin cases.

2. Beat the eggs in a mixing bowl and then mix in the oil and milk. Add the sugar and whisk until dissolved.

3. Sift in the dry ingredients: flour and mix until smooth. NB: add any extra ingredients now e.g. Chocolate chips/fruit, seeds, nuts etc.

4. Fill muffin cases TWO THIRDS full (this is important for the perfect size muffins) and bake in the middle of the oven for 25 minutes (approx. depending on your oven)

5. When cooked place in your tub to cool

6. Wash up



2 eggs  
200g c  
250ml milk (semi-skimmed or whole)  
125ml vegetable oil

400g Self raising flour

# Muffins

Chop onions, ginger & garlic

Heat the oil in a large frying pan and add 1 tsp cumin seeds.

Tikka

**Masala** Toss in the onions and cook for 10 minutes, or until they are golden-brown, adding a splash of water to the pan if they begin to stick.

Add the garlic and ginger with a splash of water, stir well and cook for 1 minute.

Add the spices with some salt and pepper and cook for another minute.

Add tomato puree and fry for 1 minute

Add chopped tomatoes and 100ml cold water

Simmer for 10-15 mins

Add more water if necessary

Meanwhile, heat a griddle pan and chop chicken and pepper

Fry until golden and cooked through.

Add to curry and stir in natural yoghurt.

Season

1 onion

2 cloves garlic

Piece of ginger

1 tbsp tomato

puree

1 tsp

ground [turmeri](#)

[c](#)

2 tsp

ground [paprika](#)

2 tsp

ground [coriand](#)

[er](#)

½ tsp cumin

1 tin chopped

tomatoes

1 pepper

Marinated

chicken

# Goujons

- 1) Make breadcrumbs using the food mixers.
- 2) Using a white chopping board. Cut your chicken/fish into long strips (approx 2cm wide)
- 3) Season your breadcrumbs if you wish
- 4) In three/plates/bowls place your flour, beaten egg & breadcrumbs.
- 5) Dip each goujon in the flour, then the eggs & finally the breadcrumbs getting a good even covering.
- 6) Using a frying pan, shallow fry in a little oil until golden. Then place in the oven on a baking tray for 5-10 minutes
- 7) Check the temperature using the probe.
- 8) Place in the fridge till the end of the day.



**! CAUTION**

# Potato Wedges

**Pre-heat oven to 210c**

- 1) Cut your potatoes into wedge shapes.
- 2) Place in a saucepan of cold water and bring to the boil.
- 3) When the water boils time 10 minutes.
- 4) Heat your baking tray in the oven with a tbsp of oil on it for 5 minutes.
- 5) Carefully place your potatoes on the oil and coat evenly
- 6) Add any salt, pepper and spices/herbs.
- 7) Place in a hot oven for about 30 minutes till golden and crispy.



# Egg Fried Noodles/Rice

Chop all veg, garlic chilli etc.

Cook your noodles and rice separately

Stir Fry chilli, garlic etc for 30 seconds.

Add any meat & cook for 2 mins

Add vegetables, stir fry until cooked.

Push all food to one side of wok & crack the egg into the other side

Allow the egg to cook & set then stir to break egg into small pieces.

Add noodles.

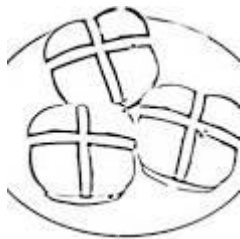
Add soy sauce, lime juice & honey

Cook for 1 minute

Place straight into tubs.

**DON'T OVERHEAT THE WOKS!! KEEP IT MOVING ALL THE TIME**

# Hot Cross Buns



500g strong white bread flour  
½ tsp salt  
2 heaped tsp mixed spice  
50g caster sugar

50g butter, chopped into cubes  
200g mixed dried fruits  
7g sachet easy-blend dried  
yeast  
200ml milk  
2 eggs

Tip the flour into a bowl and stir in the salt, mixed spice and sugar.

Rub in the butter with your fingertips.

Stir in the dried fruit and yeast Gently warm the milk so it is hot, but still cool enough to put your finger in for a couple of seconds.

Beat with the eggs, then pour into the dried ingredients.

Using a table knife, mix the ingredients to a moist dough, then leave to soak for 5 mins.

Take out of the bowl and cut the dough into 8 equal pieces.

Shape the dough into buns on a floured surface.

Space apart on a tray with baking paper on cover loosely , then leave in a warm place for 45 minutes

Heat oven to 220C/fan 200C/gas 7.

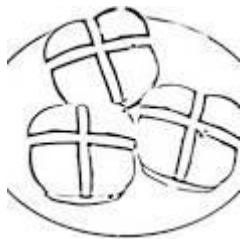
Mix 3tbsp of flour with 1 tbsp water to make a thick paste (like icing)

Pipe crosses on top of each bun.

Bake for 12-15 mins until risen and golden. Trim the excess cross mixture from the buns , then brush all over with honey or golden syrup.



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Rub in the butter with your fingertips.

Stir in the dried fruit and yeast Gently warm the milk so it is hot, but still cool enough to put your finger in for a couple of seconds.

Beat with the eggs, then pour into the dried ingredients.

Using a table knife, mix the ingredients to a moist dough, then leave to soak for 5 mins.

Take out of the bowl and cut the dough into 8 equal pieces.

Shape the dough into buns on a floured surface.

Space apart on a tray with baking paper on cover loosely , then leave in a warm place for 45 minutes

Heat oven to 220C/fan 200C/gas 7.

Mix 3tbsp of flour with 1 tbsp water to make a thick paste (like icing)

Pipe crosses on top of each bun.

Bake for 12-15 mins until risen and golden. Trim the excess cross mixture from the buns , then brush all over with honey or golden syrup.

## Yorkshire Puddings

150g plain flour

2 eggs

150ml milk

Heat oven to 220C

To make the batter, tip **150g plain flour**,  $\frac{1}{2}$  **tsp salt** into a bowl and beat in 2 **eggs** until smooth.

Gradually add 150ml **milk** and carry on beating until the mix is completely lump-free.

Season with salt and pepper.

Pour the batter into a jug and place in the fridge.

Make your filling

Carefully and evenly pour the batter into the holes. Drizzle **oil** evenly into 6-9 Yorkshire pudding tins or a large tin and place in the oven to heat through for 10-15 mins.

Take the tray out & quickly split the mixture between the oiled tray.

Cook for approx 15 minutes until golden and risen.

# Fruit Crumble

200g plain flour  
100g butter  
60g oats  
7 tbsp light brown sugar  
500g fruit (rhubarb, apples,  
plums, nectarines, raisins,  
pears etc)



Preheat the oven to 180C/350F/Gas 4.

Chop the fruit and place in cold water

Place in a pan over a low heat with 2tbsp sugar, ½ teaspoon butter, 1tsp water, ginger etc.

Warm through for 10 minutes until stewed.

For the crumble topping, in a bowl, rub together 200g flour and 100g butter with your hands until it resembles breadcrumbs. Add the remaining dry ingredients and the 4tbsp sugar.

Set aside.

Place fruit into oven dish

Top with the crumble mixture and bake for 20-30 minutes, or until the topping is golden-brown.

# Soda Bread

Preheat oven to 200c

Sift the flour and bicarbonate of soda into a large mixing bowl and stir in the salt. Make a well in the centre and pour in the buttermilk, stirring as you go. If necessary, add a tablespoon or two of water to bring the mixture together; it should form a soft sticky dough.

Tip it out on to a lightly floured work surface and knead lightly for about a minute, just long enough to pull it together into a loose ball but no longer – you need to get it into the oven while the bicarb is still doing its stuff. Shape into two rounds and mark a deep cross in it with a sharp, serrated knife, cutting about two-thirds of the way through the loaf. Put it in an oven and bake for 40-45 minutes, until the loaf sounds hollow when tapped underneath.

Cool on a wire rack if you like a crunchy crust, or wrap in a clean tea towel if you prefer a soft crust

450g plain flour  
2 tsp bicarbonate of soda  
1 tsp fine sea salt  
1 tsp sugar  
Approx. 400ml buttermilk or  
live yoghurt

