

Chicken Tortilla Pouches

Ingredients (Serves 2)

2 tablespoons oil
 $\frac{1}{2}$ pepper
 $\frac{1}{2}$ red onion
1 chicken breast
 $\frac{1}{2}$ teaspoon chilli sauce
2 soft tortillas
Soured cream
Shredded iceberg lettuce
 $\frac{1}{2}$ a small tin of chopped tomatoes

Equipment

Frying pan
large plate
vegetable knife
Chopping board
teaspoon
wooden spoon

Method

1. Cut the pepper into strips and slice the onion. Slice the chicken.
2. Heat 1 tablespoon of the oil in the frying pan and cook the chicken until lightly browned.
3. Add the sliced peppers and onions and cook for a few minutes until vegetables become tender.
4. Add the chopped tomatoes and stir gently to heat through. Add the chilli sauce.
5. Heat the tortillas following the instructions on the packet.
6. Fill each tortilla with the shredded lettuce, chicken mixture and top with soured cream.

Chicken Tortilla Pouches

Ingredients (Serves 2)

2 tablespoons oil
 $\frac{1}{2}$ pepper
 $\frac{1}{2}$ red onion
1 chicken breast
 $\frac{1}{2}$ teaspoon chilli sauce
2 soft tortillas
Soured cream
Shredded iceberg lettuce
 $\frac{1}{2}$ a small tin of chopped tomatoes

Equipment

Frying pan
large plate
vegetable knife
Chopping board
teaspoon
wooden spoon

Method

1. Cut the pepper into strips and slice the onion. Slice the chicken.
2. Heat 1 tablespoon of the oil in the frying pan and cook the chicken until lightly browned.
3. Add the sliced peppers and onions and cook for a few minutes until vegetables become tender.
4. Add the chopped tomatoes and stir gently to heat through. Add the chilli sauce.
5. Heat the tortillas following the instructions on the packet.
6. Fill each tortilla with the shredded lettuce, chicken mixture and top with soured cream.

Easter Cupcakes

Ingredients

100g self-raising flour
100g caster sugar
75g soft butter
1 medium egg
 $\frac{1}{4}$ teasp baking powder
30mls milk
1 tbsp lemon curd

Icing

40g butter
65g icing sugar sieved
2tbsp lemon curd
Lemon curd to decorate

Equipment

baking bowl
sieve
electric beaters
bun tray
bun cases
measuring jug
teaspoon
spatula
cooling rack
tablespoon

Method

1. Pre - heat oven to 180° C. Put the butter, sugar, eggs, flour, baking powder, milk and lemon curd into the baking bowl.
2. Beat on a low speed until thoroughly combined and smooth.
3. Put paper cases into the bun tray then spoon in the mixture until each case is evenly filled.
4. Cook for 15-20 minutes or until well risen and springy to touch.
5. Remove from the baking tin and place on a cooling rack.

To make the icing

Beat the butter, icing sugar and lemon curd until soft and fluffy, and then put a swirl on top of each cupcake. Finish with a small blob of lemon curd.

Fruit 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)

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 choice of fruit, chopped if necessary.
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.

Leek and Potato Soup

'Vichyssoise'

Ingredients

(Between 2)

1 large leek

1 medium/2 small potatoes

1 small onion

25g butter

500mls chicken stock

Equipment

wooden spoon

chopping board

vegetable knife

measuring jug

potato peeler

large saucepan

tablespoon

Hand blender

Pot rest

Method

1. Cut the root off the leek and remove any leaves. Wash thoroughly and slice very thinly.
2. Peel and wash the potato and chop into cubes. Chop the onion into small pieces.
3. Put the butter into a large saucepan and melt it over a medium heat. Add all the vegetables. Mix well using a wooden spoon. Put the lid on the saucepan and turn the heat down. Allow to simmer for 10 minutes or until the vegetables are quite soft.
4. Make up the stock using boiling water from the kettle, add to the vegetables. Bring to the boil and then turn down the heat and allow to simmer again for approx. 15 minutes.
5. When the soup is cooked, take it to the table and place on a pot rest. Blend until the soup is smooth.
6. The soup may be reheated if necessary.

Lemon Loaf

Ingredients *(Makes 2 loaves)*

150g caster sugar
100g margarine
150g self-raising flour
2 eggs
Rind & juice of $\frac{1}{2}$ a lemon

Equipment

Electric mixer
Baking Bowl
Tablespoon
Zester
Small bowl
Fork
2x foil containers
juicer

Method

1. Grate the rind of the lemon and using the juicer squeeze out all the juice.
2. Place the caster sugar and margarine in a large bowl. Cream together using an electric whisk until light and fluffy. Sieve the flour.
3. Beat the eggs in a small bowl with a fork.
4. Add the eggs and flour slowly to the creamed mixture, beating well between additions.
5. Fold in the lemon rind and juice using a metal spoon.
6. Divide the mixture between the two foil containers using the spatula to clean the bowl.
7. Bake for 25 - 30 minutes at 170 °C.
8. Cool on a wire tray.

Macaroni Cheese with Bacon and Tomato

Ingredients	White Sauce	Equipment
100g macaroni	200mls milk	2 medium saucepans
1 tomato	25g margarine	frying pan
2 rashers bacon	25g flour	chopping board
1 tablespoon oil	seasoning	vegetable knife
Salt and pepper	50g cheese	colander
$\frac{1}{2}$ an onion		kitchen scissors
		2 pot stands
		2 foil containers

Method

1. Put the macaroni in a saucepan of boiling water from the kettle. Simmer for about 8 minutes.
2. Chop the onion finely. Cut the bacon into small pieces using the kitchen scissors. Heat the oil in the frying pan and cook the onion and bacon for approximately 5 minutes.
3. Make up the sauce by adding the milk, margarine and flour to the other saucepan. Bring to the boil stirring continuously until the sauce thickens. Add most of the grated cheese, saving some to put on top. Add the bacon and onion to the sauce and mix thoroughly.
4. Drain macaroni and add to the sauce and bacon mixture.
5. Divide into the foil containers and top with the remaining grated cheese and sliced tomato.
6. Place under a pre-heated grill until golden brown.

MINCE PIES

Ingredients

Ready made pastry
100g sweet mince
Sugar for dredging

Equipment

Rolling pin
Flour dredger
Pastry cutters
Bun tray
Pastry brush
Cooling rack
Fork

Method

1. Pre-heat oven to 200° C and lightly grease a bun tray. Place pastry onto a lightly floured table and divide into two portions, one for the bases and one for the lids. Roll out thinly.
- 2 Using the slightly smaller cutter cut 12 lids.
- 3 Re-roll if necessary and cut 12 bases using the larger cutter
- 4 Line pastry tins with the larger circles of pastry and put a teaspoon of mince in each.
- 5 Damp the edges of the pastry using water and a pastry brush.
- 6 Place smaller pieces of pastry on top and seal the edges
- 7 Pierce the top with a fork and bake for 15 minutes.
- 8 Cool on a wire tray and dredge with caster sugar

Pineapple, Sultana and Coconut Crumble

Ingredients

250g pineapple chunks
1 tablesp brown sugar
1 tablesp sultanas
1 tablesp desiccated
Juice from pineapple chunks
 $\frac{1}{2}$ teasp ginger

Equipment

medium saucepan
tablespoon
teaspoon
wooden spoon
2x foil containers
baking bowl

For the crumble topping

100g plain flour
50g caster sugar
50g margarine

Method

1. Put all the filling ingredients into a saucepan and bring to a gentle simmer for 5 minutes.
2. Divide the pineapple mix into the foil containers.
3. Place all the crumble ingredients into the baking bowl and rub with your fingertips until the mixture resembles fine breadcrumbs.
4. Divide the crumble on top of pineapple mixture. Do **NOT** press the crumble mixture down or you will lose the light crumbly texture.
5. Bake for approx 20 minutes at 180° C until golden brown.

Serve with custard, cream or ice-cream.

Pizza Pasta Bake

(Serves two)

Ingredients

200g pasta shapes
1 onion chopped
3 mushrooms sliced
Sml piece pepperoni sausage, sliced
 $\frac{1}{2}$ jar pasta sauce
Handful grated cheese

Equipment

Chopping board
Vegetable knife
2 saucepans
Colander
Wooden spoon
2 foil containers

Method

1. Cook pasta in boiling water. Drain using the colander.
2. Meanwhile, stir-fry onion and mushrooms in a little oil for 5 minutes. Stir in sliced sausage and pasta sauce.
3. Stir in hot pasta and divide into foil containers.
4. Top with grated cheese and grill until golden.

Quick Biscuits

Ingredients

50g coconut
100g self-raising flour
100g caster sugar
 $\frac{1}{2}$ an egg
70g margarine

Equipment

Baking bowl
small bowl
Wooden spoon
Baking tray
fork
Palette knife
Cooling rack

Method

1. Put the margarine in a small bowl and melt in the microwave (approx 40 seconds)
2. Add the melted margarine and egg to the other ingredients and mix to a smooth dough.
3. Roll the dough into small balls. Place on the greased baking tray spacing them well apart to allow for spreading during cooking.
4. Bake at 170° C for approx 15 minutes or until golden.
5. Allow the biscuits to cool slightly and remove onto the wire rack using the palette knife.

Scones



Ingredients

300g self-raising flour
75g margarine
35g caster sugar
Level teasp baking powder
Pinch of salt
150mls milk

Equipment

Baking bowl
sieve
table knife
measuring jug
pastry cutter
baking tray
Flour dredger
Pastry brush

Method

1. Preheat oven to 200° C
2. Sieve flour, salt and baking powder into the baking bowl.
3. Cut the margarine into small pieces and rub into the flour using your fingertips until the mixture resembles breadcrumbs.
- 4 Mix in the sugar and **gradually** add the milk as you mix to a soft dough using a table knife. **Be careful not to make the dough too sticky**
- 5 Turn on to a floured surface and knead lightly.
- 6 Press out until the dough is about 2cm thick and cut out scones with the pastry cutter.
- 7 Transfer onto a lightly greased baking tray and brush the top with a little milk
- 8 Bake for 7-10 minutes.

You can add a choice of fruit e.g. cherries, raisins etc when adding the sugar or try chocolate chips! Delicious!

Spaghetti Bolognese

Ingredients

(Serves 2)

150gms Spaghetti
200gms lean minced beef
1 small tin tomatoes
 $\frac{1}{2}$ an onion
2 mushrooms
125mls Vegetable stock
 $\frac{1}{2}$ teasp mixed herbs
 $\frac{1}{2}$ teasp garlic puree
 $\frac{1}{2}$ teasp tomato puree

Equipment

wooden spoon
large saucepan
chopping board
vegetable knife
measuring jug
teaspoon
colander
large frying pan
pot rest

Method

1. Peel, slice and finely slice the mushroom and onion.
2. Brown the mince and onion in a large saucepan adding a little oil if necessary.
3. Make up stock and add to the mince and onion. Add the mushrooms together with other ingredients and stir to combine.
4. Bring to the boil stirring continuously. When the mixture starts to bubble lower heat and leave to simmer for 30 minutes. (Stir occasionally)
5. **Boil kettle to cook spaghetti.**
6. Cook spaghetti in salted boiling water for approx. 12 - 15 minutes until soft but firm. Drain and rinse with boiling water to remove excess starch.

Vegetable Tarts

Ingredients

(Between 2)

200g frozen puff pastry, defrosted

100g grated cheese

50g sweetcorn

$\frac{1}{2}$ green pepper (sliced finely)

$\frac{1}{2}$ a red onion (sliced finely)

2 teasp mixed herbs

Seasoning

Egg to glaze

Equipment

baking tray

flour dredger

vegetable knife

chopping board

pastry brush

cooling tray

fork

Method

1. Preheat oven to 180° C. Lightly grease a large baking tray.
2. Place pastry on a lightly floured surface and cut into 6 equal rectangles. Using a sharp knife, **score a border inside** the pastry rectangle, being very careful **not to cut** right through the pastry. Place the pastry rectangles on the baking tray.
3. Pierce the pastry inside the border a few times with a fork so that this part will not rise in the oven.
4. Sprinkle the cheese in the middle of each rectangle. Arrange the prepared vegetables on top. Sprinkle with the herbs and season.
5. Brush the pastry edges with the beaten egg and bake for 15-20 minutes until the cheese is bubbling and the pastry around the edges is risen and crisp. Cool for a few minutes and serve.

Wheaten Bread



Ingredients

(Makes 2 loaves)

100gms plain flour
100gms wholemeal flour
1 level teasp. Baking powder
50gms margarine
25gms sugar
100mls buttermilk

Equipment

2 x foil containers
baking bowl
measuring jug
flour dredger
table knife

Method

1. Turn on the oven to 180° C. Collect ingredients and equipment. Grease and flour the two foil containers.
2. Place flour, sugar and baking soda in the baking bowl.
3. Cut margarine into smaller pieces and rub into the flour with finger tips until the mixture resembles bread crumbs.
4. Make a hole in the centre of the mixture and stir in the milk using the table knife to make a soft dough. Knead lightly on floured table.
5. Divide into the two foil containers.
6. Bake for approx 30 minutes.