



Super Curriculum



Key Stage 4

Let's get cooking!!!

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MEASUREMENT TABLES AND OVEN TEMPERATURES

The measurement conversions below are approximate.
Use the same units throughout your recipe (grams *or* ounces) in order to maintain the correct ratios of ingredients.

Approximate equivalents :-

WEIGHTS

IMPERIAL WEIGHT	METRIC WEIGHT
¼ oz	5g
½ oz	10g
1 oz	25g
2 oz	50g
2 ½ oz	60g
3 oz	75g
4 oz (¼ lb)	100g
5 oz	125g
6 oz	150g
7 oz	175g
8 oz (½ lb)	200g
9 oz	225g
10 oz	250g
11 oz	275g
12 oz	300g
13 oz	325g
14 oz	350g
15 oz	375g
16 oz (1 lb)	400g

FLUID MEASURES

IMPERIAL MEASURE	METRIC MEASURE
	5 ml
	10 ml
1 fl oz	25 ml
2 fl oz	50 ml
2 ½ fl oz	60 ml
3 fl oz	75 ml
4 fl oz	100ml
5 fl oz (¼ pint)	125 ml
6 fl oz	150 ml
7 fl oz	175 ml
8 fl oz	200ml
9 fl oz	225 ml
10 fl oz (½ pint)	250 ml (¼ litre)
11 fl oz	275 ml
12 fl oz	300 ml
13 fl oz	325 ml
14 fl oz	350 ml
15 fl oz (¾ pint)	375 ml
16 fl oz	400 ml
20 fl oz (1pint)	500 ml (½ litre)
2 pints	1000 ml (1 litre)

Approximate equivalents :-

LENGTH

IMPERIAL LENGTH	METRIC LENGTH	IMPERIAL LENGTH	METRIC LENGTH
¼ in	½ cm	5 in	12 ½ cm
½ in	1 cm	6 in	15 cm
1 in	2 ½ cm	6 ½ in	16 cm
1 ½ in	4 cm	7 in	18 cm
2 in	5 cm	12 in (1 foot)	30 cm
2 ½ in	6 cm	18 in	45 cm
3 in	8 cm	36 in (1 yard)	90 cm
4 in	10 cm	39 in	100 cm (1 m)

Approximate equivalents :-

OVEN TEMPERATURES

DESCRIPTION	°C (Celcius)	GAS (Regulo)	°F (Fahrenheit)
COOL	110°C	¼	225°F
	130°C	½	250°F
	140°C	1	275°F
	150°C	2	300°F
	160°C	3	325°F
MODERATE	180°C	4	350°F
	190°C	5	375°F
	200°C	6	400°F
HOT	220°C	7	425°F
	230°C	8	450°F
VERY HOT	240°C	9	500°F

VICTORIA SANDWICH

Ingredients

150g soft margarine
150g caster sugar
150g self raising flour
3 eggs
3 tablespoons jam
3 tablespoons icing sugar



Method

1. Preheat the oven to 180°C or Gas 4.
2. Grease 2 x 23cm cake tins, line the bases with circles of greaseproof paper, and grease again.
3. Cream the margarine and caster sugar together with a wooden spoon or an electric mixer until the mixture is light, fluffy, and pale in colour.
4. Beat eggs together in a jug with a fork.
5. Add the eggs a little at a time, beating well between each addition.
6. Sieve the flour into the bowl. (If using cocoa powder, sieve it with the flour.)
7. Fold in the flour very gently with a metal spoon. (The mixture should have a soft, dropping consistency.)
8. Divide the mixture evenly between the two tins using a metal spoon and a knife.
9. Spread out and level the mixture using the back of a metal spoon.
10. Bake for 15 to 20 minutes until golden brown, springy to the touch, and the cake is just coming away from the sides of the tins.
11. Carefully loosen the cakes from the tins by going around the edge with a knife, and tapping the sides of the tin gently.
12. Remove the cakes from the tins and leave to cool on a cooling rack.
13. Beat the jam in a small bowl until soft.
14. When the cakes are completely cold, sandwich them together, base to base, with the jam
15. Dredge the top of the cake with the icing sugar, using a sieve.

Storage :-

Store in an airtight container

Eat within 3 days

FAIRY CAKES

Ingredients

50g margarine
50g caster sugar
1 egg
50g self raising flour
8 cake cases
100g icing sugar
Cake sprinkles
1 tbsp cold water



CREAMING METHOD

Cream margarine and sugar until creamy and smooth, add beaten egg a little at a time, and carefully fold in the flour to give a soft dropping consistency.

ALL-IN-ONE METHOD

Remember to use soft margarine and add 1 level teaspoon of baking powder to the mixture. Put all of the cake ingredients into a mixing bowl and beat thoroughly for at least 2 minutes to give a soft dropping consistency.

Method:

1. Make cakes either by the creaming method or all-in-one method.
2. Place teaspoons of mixture into cake cases.
3. Bake for 10-20 minutes on 180c or Gas mark 5.
4. Place on cooling rack to cool.
5. Make icing- sieve icing sugar into a bowl and add a tablespoon of cold water. Mix thoroughly. (If extra water is needed add 1 drop at a time)
6. When cakes are cool, spread with icing and add sprinkles. Allow to set.

Storage :-

Store in an airtight container
Eat within 3 days

BUTTERFLY BUNS

Ingredients:

100g margarine

100g caster sugar

2 eggs

100g self raising flour

16 bun cases

1 *tbsp* Cocoa powder

For the filling:

50g margarine

100g icing sugar

$\frac{1}{4}$ *tsp* vanilla essence

1 *tsp* cocoa powder



Method

1. Preheat the oven to 180°C, Gas 4.
2. Prepare the buns by the all-in-one method, sieving the cocoa powder with the flour if used.
3. Place the paper bun cases in a bun tray, and divide the bun mixture evenly between them, using a metal spoon and a knife.
4. Bake for 15 to 20 minutes until golden brown and springy to the touch.
5. Cool.
6. Make the butter cream by beating together the butter or soft margarine and vanilla essence in a bowl until very soft. Gradually beat in the icing sugar, a little at a time, together with the cocoa powder if used, until soft and fluffy.
7. When the buns are completely cold, cut a small piece out of the top of each bun with a sharp knife, and cut this piece in half to form 'wings'.
8. Place $\frac{1}{2}$ teaspoon of butter cream in the hole in the top of each bun, and stick the 2 'wings' into the butter cream.
9. Dredge lightly with icing sugar.

Storage :-

Store in an airtight container

Eat within 3 days

WHISKING METHOD

Basic recipe

Ingredients:

3 Large eggs

75g caster sugar

75g Self raising flour



Method

1. Preheat oven, making sure shelves are in correct position.
2. Prepare baking tins.
3. Weigh out all ingredients.
4. Put eggs and sugar in a mixing bowl, and whisk together with an electric whisk on high speed until the mixture has increased in volume, is very thick, pale in colour, and the whisk leaves a trail lasting 2 or 3 seconds on the surface of the mixture.
5. Add the flour, and fold in very gently with a tablespoon.
6. Pour the mixture into the prepared tin, level off, and bake until well-risen, golden brown, and springy to the touch.

Recipes using this method:

- Swiss roll
- Sponge fruit flan
- Sponge cake

SWISS ROLL

Ingredients:

3 large eggs
75g caster sugar
75g self raising flour

For the filling:

4 tbsp jam
2 tbsp caster sugar



Method

1. Preheat oven to 200°C, Gas 6.
2. Draw round the base of a Swiss roll tin onto a sheet of greaseproof paper slightly bigger than the tin.
3. At the corners of the greaseproof paper, make diagonal cuts to just beyond the pencil line.
4. Grease the base and sides of the Swiss roll tin, place the prepared greaseproof paper in the tin, and fold to fit into the corners.
5. Grease the base and sides of the greaseproof paper.
6. Put eggs and sugar in a mixing bowl, and whisk together with an electric whisk on high speed until the mixture has increased in volume, is very thick, pale in colour, and the whisk leaves a trail lasting 2 or 3 seconds on the surface of the mixture.
7. Add the flour, and fold in very gently with a tablespoon.
8. Pour the mixture into the prepared tin, level off, and bake for 10 to 15 minutes until well-risen, golden brown, and springy to the touch.
9. While the cake is in the oven, place another piece of greaseproof paper on top of a slightly damp, clean tea towel, and sprinkle the paper evenly with the extra caster sugar.
10. Beat the jam in a small bowl until soft.
11. When the cake is cooked, turn it out, upside-down, onto the sugared paper, and remove the lining paper.
12. Spread the jam evenly over the cake, leaving a 1cm border all the way round.
13. Using a knife, make a groove in the cake 2 cm up from the edge nearest to you.
14. Fold this grooved end over to form a start to the roll.
15. Roll the cake up tightly, using the sugared paper to help.
16. Using a sharp knife, trim off the edges of the Swiss roll to neaten them.
17. Leave to cool, making sure that the 'join' of the roll is underneath to keep it securely rolled.

Storage :-

Store in an airtight container
Eat within 2 days

SPONGE FRUIT FLAN

Ingredients:

2 large eggs
50g caster sugar
50g self raising flour

For the filling:

1 sachet 'quick gel' *

EITHER - 1 small tin of fruit e.g. peach slices

OR 1 punnet of fresh fruit, e.g. strawberries, raspberries.



Method

1. Preheat oven to 200°C, Gas 6.
 2. Grease the base and sides of a sponge flan tin.
 3. Line the centre of the base with a small circle of greaseproof paper.
 4. Grease the greaseproof paper circle.
 5. Put eggs and sugar in a mixing bowl, and whisk together with an electric whisk on high speed until the mixture has increased in volume, is very thick, pale in colour, and the whisk leaves a trail lasting 2 or 3 seconds on the surface of the mixture.
 6. Add the flour, and fold in very gently with a tablespoon.
 7. Pour the mixture into the prepared tin and level off.
 8. Bake for 10 to 15 minutes until well-risen, golden brown, and springy to the touch.
 9. Loosen the flan from the tin by tapping the sides of the tin gently, remove from the tin, and leave to cool.
 11. Either drain the tinned fruit (reserving the juice) or prepare the fresh fruit according to type.
 12. Arrange the prepared fruit in the cold sponge flan case.
 13. Make up the 'Quick Gel' * according to the instructions on the packet, using either water or the reserved juice from the tinned fruit.
 14. Brush the fruit in the flan case with the prepared 'Quick Gel', and leave to set.
- * Instead of 'Quick Gel', beat 3 tablespoons of apricot jam with 1 tablespoon boiling water, and brush this over the fruit.

Storage :-

Store in an airtight container
Eat within 2 days

CHRISTMAS CAKE



Ingredients:

Cake tin	20cm / 8"	15cm / 6"
Glacé cherries	200g	150g
Mixed dried fruit	500g	375g
Sultanas	500g	375g
Orange (zest only)	1	1
Sherry	200ml	150ml
Butter or soft margarine	225g	195g
Dark brown sugar	225g	195g
Eggs	4	3
Plain flour	225g	195g
Extra sherry (Optional)	3 tablespoons	2 tablespoons
Ground cinnamon (SWP)	1 teaspoon	½ teaspoon
Mixed spice (SWP)	1 teaspoon	½ teaspoon

Method

1. Chop the cherries into quarters, place in a mixing bowl with the mixed dried fruit, sultanas, and orange zest, add the sherry, mix well, and leave for 12 hours so that the fruit absorbs the liquid, stirring occasionally.
2. Grease the cake tin, line fully with greaseproof paper, and grease again.
3. Preheat the oven to 150°C, Gas 2.
4. Beat together the butter or margarine and sugar in a large mixing bowl until very soft and fluffy.
5. Beat in the eggs a little at a time, adding 1 teaspoon of flour with each addition of the eggs to prevent curdling.
6. Fold in the remaining flour.
7. Fold in the cherries and dried fruit, together with any sherry, which has not been absorbed.
8. Put the mixture into the prepared cake tin, level off, and then make a small hollow in the top – this will help the cake to remain level as it cooks.
9. Wrap four layers of newspaper around the outside of the cake tin, tying it in place with string – this helps the cake to cook more evenly.
10. Bake for 3½ to 4 hours until a metal skewer inserted into the cake comes out clean. If the top of the cake browns too quickly before the centre of the cake is cooked, cover it with a piece of greaseproof paper.
11. Remove the newspaper from the outside of the tin.
12. Make several holes in the top of the cake with a skewer, pour over the extra sherry, and allow it to soak in.
13. Leave to cool completely, and then remove from the tin.
14. Wrap the cake in a double layer of greaseproof paper, and then foil, and store in a cool dark place for up to 3 months to allow the flavour to develop and mature. 'Feed' with more sherry every week if desired to keep it moist.

GINGER CAKE

Ingredients

200g self raising flour
100g brown sugar
75g butter / margarine
150g golden syrup
125ml milk
1 egg
1 tsp ginger
½ tsp salt
½ tsp bicarbonate of soda



Method

1. Pre-heat the oven to 180°C, Gas 4.
2. Grease and line a 18cm cake tin.
3. Put the margarine, syrup and sugar in a saucepan and gently heat over a low heat stirring all the time.
4. Remove from the heat and stir in the milk.
5. Sieve the flour, bicarbonate of soda, ginger and salt into the mixture.
6. Beat the egg in a jug and add to the pan . Beat well.
7. Pour into the cake tin and bake for 25 – 30 minutes.
8. Remove from the tin and place on a cooling rack.

Storage :-

Store in an airtight container
Eat within 3 days

GINGERBREAD PEOPLE

Ingredients:

200g self raising flour
2 tsp bicarbonate of soda
50g margarine
90g soft dark brown sugar
1 egg
2 tbs golden syrup
Pinch of salt
1 tsp ground ginger
Sultanas or Currents for Eyes



Method:

1. Preheat oven to 180°C, Gas 4.
2. Lightly grease baking trays.
3. Sieve the flour, ground ginger, bicarbonate of soda, and salt into a mixing bowl.
4. Place the golden syrup, margarine, and sugar in a saucepan, and heat on a low heat until the margarine and sugar have melted, stirring occasionally with a heatproof spoon.
5. Add the melted ingredients to the dry ingredients in the mixing bowl, and mix well.
6. Beat the egg in a jug with a fork.
7. Add enough beaten egg to the mixture in the bowl to give a firm, pliable dough.
8. Roll the dough out on a lightly-floured table to 3mm thick.
9. Cut out biscuits with the gingerbread cutter.
10. Lift the biscuits carefully onto the prepared trays with a palette knife, spacing the biscuits well apart. Stick in the Sultanas for eyes.
11. Bake for 10 to 15 minutes until golden brown and firm around the edges.
12. Leave to cool on the tray for a few minutes, and then lift carefully onto a cooling rack with a palette knife.

Storage :-

Store in an airtight container
Eat within 3 days

RUBBING IN METHOD

Basic recipe

Ingredients:

200g plain flour
2 tsp baking powder
75g granulated sugar
75g margarine
1 egg
3 tbsp milk



Method

1. Preheat oven, making sure shelves are in correct position.
2. Prepare baking tins.
3. Weigh out all ingredients.
4. Sieve the flour and baking powder into a mixing bowl, and stir in the sugar.
5. Cut the margarine into small pieces, add to the flour, and rub in with the fingertips.
6. Mix in any additional ingredients.
7. Beat together the egg and the milk.
8. Add most of the egg mixture to the flour, and mix well with a knife, adding a little more liquid if necessary, to form a stiff dough.
9. Shape as required, and place on prepared tins.
10. Bake until well-risen and golden brown.

Recipes using this method:

- Chocolate buns
- Rock buns
- Raspberry buns

CHOCOLATE BUNS

Ingredients:

175g plain flour
2 tsp baking powder
75g granulated sugar
75g margarine
1 egg
3 tbsp milk
25g cocoa powder
6 glacé cherries



Method

1. Preheat the oven to 180°C, Gas 4.
2. Lightly grease a baking tray.
3. Prepare the buns by the rubbing in method, (page 7), sieving in the cocoa powder with the flour.
4. Divide the dough into 12 even pieces, roll each piece into a ball, place well-apart on prepared baking tray, and flatten slightly.
5. Cut glacé cherries in half, and place a piece on top of each bun.
6. Bake for 15 to 20 minutes until the edges are firm to the touch.

Storage :-

Store in an airtight container
Eat within 3 days

Rock BUNS

Ingredients:

175g plain flour
2 tsp baking powder
75g granulated sugar
75g margarine
1 egg
3 tbsp milk
75g dried fruit
¼ tsp mixed spice



Method

1. Preheat the oven to 180°C, Gas 4.
2. Lightly grease a baking tray.
3. Prepare the buns by the rubbing in method, (page 7), sieving in the mixed spice with the flour, and adding the dried fruit after the margarine has been rubbed in.
4. Divide the dough into 12 even pieces, and place in 'rocky shapes' well-apart on prepared baking tray.
5. Bake for 15 to 20 minutes until golden brown and the edges are firm to the touch.

Storage :-

Store in an airtight container
Eat within 3 days

SCONES

Ingredients

250g self-raising flour

50g margarine

25g caster sugar

150ml milk

$\frac{1}{2}$ teaspoon salt



Method

1. Preheat oven to 220°C or Gas 7.
2. Grease a baking tray.
3. Sieve flour and salt into a mixing bowl.
4. Cut the margarine into small pieces, add to the flour, and rub in with the fingertips.
5. Stir in sugar and /or other dry ingredients.
6. Add most of the milk, and mix with a knife to form a soft but not sticky dough, adding a little more milk if necessary.
7. Roll out on a lightly-floured table to 1½ cm thick, cut into rounds using a 7cm cutter, and place on baking tray.
8. Glaze the scones by brushing the tops only with the remaining milk.
9. Bake for 10 to 15 minutes until well-risen, firm, and golden brown.

Sweet Variations

Add 50g of any of the following :-

Sultanas

Raisins

Chocolate chips

Grated apple

Grated carrot

Chopped dates

Chopped dried apricots

Chopped glacé cherries

Add 1 teaspoon of any of the following :-

Cinnamon

Mixed spice

Nutmeg

Savoury Variations

Omit the sugar, and add 50g of any of the following :-

Grated cheese

Grated onion

Chopped cooked bacon

Add 2 teaspoons of any of the following :-

Parsley

Basil

Crushed garlic

Creamed horseradish

Storage :-

Store in an airtight container

Eat within 2 days

RASPBERRY BUNS

Ingredients:

175g plain flour
2 tsp baking powder
75g granulated sugar
75g margarine
1 egg
3 tbsp milk
1 tbsp raspberry jam



Method

1. Preheat the oven to 180°C, Gas 4.
2. Lightly grease a baking tray.
3. Prepare the buns by the rubbing in method, (page 7).
4. Divide the dough into 12 even pieces, roll each piece into a ball, place well-apart on prepared baking tray, and flatten slightly.
5. Make a small hole in the centre of each bun with your thumb.
6. Place ½ teaspoon of jam in each hole.
7. Bake for 15 to 20 minutes until golden brown and the edges are firm to the touch.

Storage :-

Store in an airtight container
Eat within 3 days

SHORTCRUST PASTRY

Basic recipe

Ingredients:

200g plain flour

50g margarine

50g lard*

Pinch of salt

10-12 tsp water

*vegetarians can replace the lard with white vegetable fat, e.g. trex, white flora etc.



Method

1. Preheat oven, making sure shelves are in correct position.
2. Prepare baking tins.
3. Weigh out all ingredients.
4. Add salt to flour.
5. Rub lard and margarine into flour with fingertips until mixture resembles fine breadcrumbs.
6. Add enough cold water, a teaspoon at a time, to give a firm but pliable dough, mixing with a knife.
7. Knead dough lightly until smooth.
8. Use as required.

Recipes using this method

- Mince pies
- Jam tarts
- Lemon tarts
- Quiche
- Baked egg custard
- Fruit pie

JAM TARTS OR LEMON TARTS

Ingredients:

200g plain flour
50g margarine
50g lard*
Pinch of salt
10-12 tsp water
1 jar jam or lemon curd



* Vegetarians can replace the lard with white vegetable fat, eg Trex, White Flora, etc.

Method

1. Preheat the oven to 220°C, Gas 7.
2. Either grease a bun tin, or place tin foil cups in holes in bun tin.
3. Prepare the shortcrust pastry by the rubbing in method.
4. Roll the pastry out on a lightly floured table to a circle 3mm thick.
5. Cut pastry into circles, using a fluted cutter slightly bigger than the top of the hole in the bun tin.
6. Line the holes in the bun tin or the tin foil cups with the pastry circles.
7. Put 1 to 2 teaspoons of jam or lemon curd in each pastry case, using a spoon and a knife.
8. Bake for 15 to 20 minutes until pastry is golden brown and crisp.

Storage :-

Store in an airtight container
Eat within 2 days

MINCE PIES

Ingredients:

200g plain flour

50g margarine

50g lard*

1 jar of mincemeat

2 *tbsp* caster or icing sugar

Pinch of salt

10-12 *tsp* water



* Vegetarians can replace the lard with white vegetable fat, eg Trex, White Flora, etc.

Method

1. Preheat the oven to 220°C, Gas 7.
2. Either grease a bun tin, or place tin foil cups in holes in bun tin.
3. Prepare the shortcrust pastry by the rubbing in method, (page 22).
4. Roll the pastry out on a lightly floured table to a circle 3mm thick.
5. Cut out an equal number of bases, (using a fluted cutter slightly bigger than the top of the hole in the bun tin), and lids, (using a fluted cutter the same size as the top of the hole in the bun tin).
6. Line the holes in the bun tin or the tin foil cups with the larger pastry circles.
7. Put 1 to 2 teaspoons of mincemeat in each pastry case, using a spoon and a knife.
8. Damp the edge of each lid with water, and press onto the pies, making sure that they are well sealed.
9. Make a small slit in the top of each pie, or make holes with the prongs of a fork.
10. Bake for 15 to 20 minutes until pastry is golden brown and crisp.
11. When cooked, dredge lightly with caster sugar or icing Sugar.

Storage :-

Store in an airtight container

Eat within 2 days

QUICHE LORRAINE

Ingredients:

200g plain flour
 50g margarine
 50g lard*
 2 eggs
 150ml milk
 2 rashers/slices bacon or ham
 1 onion
 75g cheese
Pinch of salt
10-12 tsp water
Salt and pepper



* Vegetarians can replace the lard with white vegetable fat, eg Trex, White Flora, etc.

Method

1. Preheat oven to 200°C, Gas 6.
2. Lightly grease flan dish.
3. Add salt to flour.
4. Rub lard and margarine into flour with fingertips until mixture resembles fine breadcrumbs.
5. Add enough cold water, a teaspoon at a time, to give a firm but pliable dough, mixing with a knife.
6. Knead dough lightly until smooth.
7. Roll the dough out on a lightly-floured table to a circle slightly larger than the flan dish.
8. Line the dish with the pastry, and trim off the excess.
9. Stand the flan dish on a baking tray.
10. Remove any fat from the bacon or ham, and cut into bite-size pieces.
11. Peel the onion, and slice very thinly.
12. Grate the cheese.
13. Beat together the egg and the milk in a jug with a fork, and season with salt and pepper.
14. Place the prepared bacon or ham and onion in the flan case.
15. Sprinkle the grated cheese over the top.
16. Pour the egg and milk mixture over the bacon, onion, and cheese.
17. Bake for 25 to 35 minutes until the filling is set.
18. Eat hot or cold. (To reheat : Place in a preheated oven at 190°C, Gas 5 for 20 minutes.)

Storage :-

Store in an airtight container
 in the fridge
 Eat within 24 hours

Reheating :-

Can be eaten cold
 If reheating, place in the oven at 150°C, Gas 2 for
 20 minutes until piping hot

FLAKY PASTRY

Basic recipe

Ingredients:

220g strong plain flour

75g lard

75g margarine

$\frac{1}{2}$ tsp salt

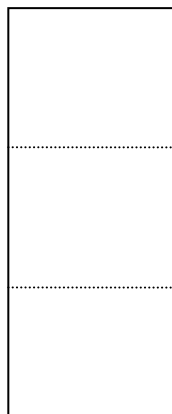
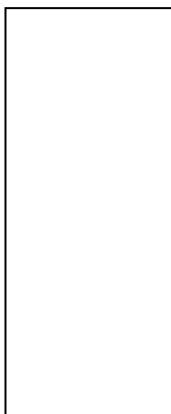
125ml water



* Vegetarians can replace the lard with white vegetable fat, eg Trex, White Flora, etc.

Method

1. Put flour and salt in a mixing bowl.
2. In a small bowl, mix together the lard and hard margarine with a fork, and then divide the fat into 4 equal portions.
3. Rub one portion of the fat into the flour.
4. Add enough cold water, a spoonful at a time, to give a soft but not sticky consistency, mixing with a knife.
5. Knead the pastry gently until smooth.
6. Roll out on a lightly floured table to a rectangle, 3 times as long as it is wide, and about 5 mm thick, keeping the sides straight and the ends square.
7. Mark the pastry into 3 equal sections and dot another portion of the mixed fat over the top 2 sections.

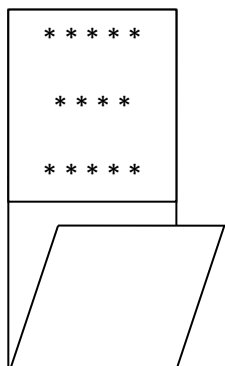


Mark pastry
into 3 equal
sections

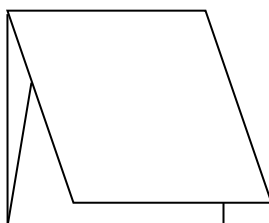


Dot the mixed fat
over top 2
sections

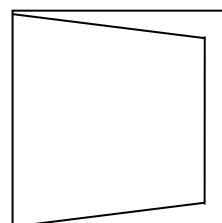
8. Fold bottom section of pastry up, and top section of pastry down, press the edges together, and turn the folded pastry through 90°.



Fold bottom section up



Fold top section down



Fold edges together and turn through 90°

9. Repeat steps 6, 7 and 8 twice more until all the fat mixture has been used.
 10. Roll and fold the pastry in the same way twice more, but without adding any more fat.
 11. Wrap the pastry in cling film, and leave in a cool place for 20 minutes to relax before using.

Recipes using this method

- Sausage rolls
- Apple Tart Tatin
- Vol-Au-Vents

APPLE TART TATIN

Ingredients

- 200g Plain Flour
- 150g butter
- 50 g butter
- 50 g golden caster sugar
- ½ tsp ground cinnamon
- 3 medium apples
- 125 ml cold water
- ½ tsp salt



Method:

For the pastry:

1. Put the flour and salt in a mixing bowl.
2. Divide the butter into 4 equal portions.
3. Rub in on portion of butter into the flour.
4. Add enough cold water, a spoonful at a time to give a soft but not sticky consistency, mixing with a knife.
5. Knead the pastry gently until smooth.
6. Roll out on a floured table to a rectangle 3 times as long as it is wide and about 5 mm thick, keeping the sides straight and the ends square.
7. Mark the pastry into 3 equal sections and dot another portion of fat over the top 2 sections.
8. Fold the bottom section of the pastry up and top section of the pastry down. Press the edges together and turn the folded pastry through 90 C.
9. Repeat steps 6, 7 and 8 twice more until the butter is all used up.
10. Wrap the pastry in cling film and leave in a cool place for 20 mins to relax before using.

Remember to bring :-

Large flan dish / tart dish

Container large enough for the dish to fit in

For the filling:

1. Preheat oven to 200°C / gas mark 7.
2. Peel, quarter, and core the apples.
3. Melt the butter in a frying pan over a medium heat, stir in the sugar and heat until it caramelises. Stir in the cinnamon.
4. Add the prepared apples and cook for 10 mins, stirring occasionally, and then coat with caramelised juices.
5. Place the caramelised apples in the flan dish.
6. Roll the pastry out on a lightly floured table to a circle 2cm bigger than the flan dish, and prick with a fork.
7. Lay the pastry circle over the apples in the flan dish.
8. Tuck the 2 cm rim of pastry down the side of the tin to encase the apples.
9. Bake in the middle of the oven for 20 – 30 minutes until the pastry is well risen and golden.

Storage :-

Store in an airtight container

Eat within 2 days

SAUSAGE ROLLS

Ingredients:

220g strong plain flour
 75g lard
 75g margarine
 200g sausage meat or sausages
 3 *tbsp* milk
 ½ *tsp* salt
 125ml water

* Vegetarians can replace the lard with white vegetable fat, eg Trex, White Flora, etc.

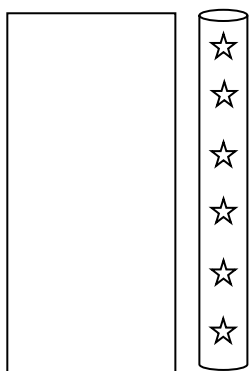


Method

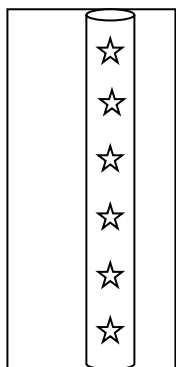
1. Preheat the oven 200°C / Gas 7
2. Prepare the flaky pastry as explained on pages 17 and 18..
3. Cut the dough into 2 equal pieces.
4. Roll each piece of pastry out on a lightly-floured table to a rectangle 30 cm long and 10 cm wide, keeping the sides straight and the corners square.
5. Cut the sausage meat into 2 equal pieces, coat lightly in the flour, and form each piece into a sausage shape the same length as the pastry.

NB : If using sausages, slit the skins with a knife and peel the skins off the sausages, squash the sausages together, and then use as sausagemeat.

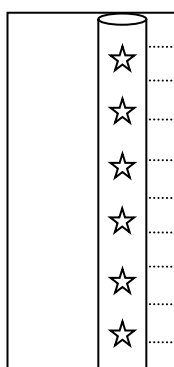
6. Place a piece of shaped sausage meat on each piece of pastry, slightly to one side of the centre.
7. Dampen the narrowest side of the pastry with milk, fold the other edge over to completely enclose the sausage meat, and press the edges together well to seal.
8. Flake and flute the edges of the pastry.



Roll out pastry
and shape meat



Place meat on
pastry, slightly
to one side



Dampen edges
of pastry with
milk



Fold pastry over,
press edges
together and
flake and
flute edges

9. Cut each length into even-sized rolls and place on a baking tray.
10. Glaze the top and folded side of the pastry with milk. (Do not glaze the flaked edge.)
10. Bake for 20-25 minutes until pastry is well-risen, golden brown and crisp, and sausage meat is cooked.

Storage :-

Store in an airtight container in the fridge
Eat within 24 hours

CHICKEN AND MUSHROOM

VOL-AU-VENTS

Ingredients:

1 packet ready-made puff/flaky pastry
 1 egg
 400g cooked chicken
 50g margarine
 50g plain flour
 1 chicken stock cube
 100g button mushrooms
Salt and pepper
Parsley
500ml boiling water



Method

1. Preheat oven to 220°C, Gas 7.
2. Lightly grease a baking tray.
3. Roll pastry out on a lightly-floured table to 3mm thick.
4. Cut into rounds with an 8cm fluted cutter, and place on baking tray.
5. Using a 5cm fluted cutter, cut halfway through the centre of each large pastry round – this will form the ‘lids’ of the vol-au-vents when cooked.
6. Glaze the top only of each pastry round with beaten egg.
7. Bake for 15 to 20 minutes until well-risen and golden brown.
8. Remove from the oven, and cool on a wire rack.
9. When the pastry cases are cold, use a small pointed knife to remove the ‘lids’ formed when the centres of the rounds were cut with the smaller cutter before baking.
10. Remove any skin and bones from the chicken, and cut the chicken into small pieces.
11. Wipe the mushrooms, trim the stalks, and cut into quarters.
12. Crumble the stock cube into a jug, add the boiling water, and stir until dissolved.
13. Put the margarine, flour, and stock into a saucepan, and bring to the boil on a high heat, whisking all the time with a balloon whisk, until the sauce has thickened.
14. Add the chicken and mushrooms to the sauce, and simmer on a medium heat for 15 minutes, stirring occasionally.
15. Remove from the heat, and season with salt and pepper.
16. Fill the hollow pastry cases with the chicken mixture, using a teaspoon.
17. Place the small pastry ‘lids’ on top of the filling.
18. Serve garnished with parsley sprigs.

Storage :-

Store in an airtight container in the fridge
 Eat within 24 hours

APPLE AND MINCEMEAT STRUDEL

Ingredients:

2 cooking apples
 225g mincemeat
 1 packet filo pastry
 50g butter
 2 *tbsp icing sugar*
 1 *tbsp soft brown sugar*
 1 *tsp mixed spice*
 1 *tsp cinnamon*



Method

1. Preheat the oven to 190°C, Gas 5.
2. Lightly grease a baking tray.
3. Peel the apples, cut into quarters, and remove the core.
4. Slice the apples very thinly into a bowl of cold water.
5. Mix together the brown sugar, mixed spice, and cinnamon.
6. Melt the butter, making sure that it does not burn.
7. Place one sheet of filo pastry on the greased baking tray, and brush with the melted butter.
8. Place another sheet of pastry on top of the first, and brush with melted butter.
9. Repeat step 8 another three times until you have a layer of five sheets of buttered pastry.
10. Spread the mincemeat down the centre of the pastry, leaving a border of about 8cm all the way round.
11. Drain the apple slices through a colander.
12. Arrange the apple slices neatly on top of the mincemeat overlapping them as necessary.
13. Sprinkle the sugar & spices over the apple slices.
14. Fold the two short edges of the pastry border over the filling.
15. Fold the two long edges of the pastry border over the filling, so that it is totally enclosed.
16. Brush the whole surface of the pastry with the melted butter.
17. Bake for 20 to 30 minutes until golden brown and crisp.
18. Allow the strudel to cool slightly, and then lift carefully onto a cooling rack using a fish slice.
19. When the strudel is cold, dredge with icing sugar through a sieve.

Storage :-

Store in an airtight container - Eat within 24 hours

SPICED LAMB PARCELS

Ingredients:

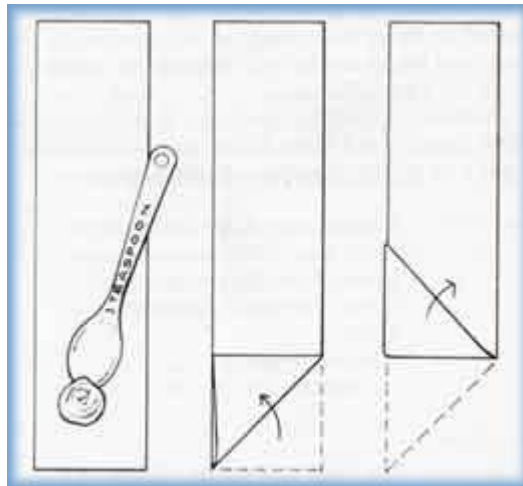
1 packet filo pastry
50g butter
1 onion
1 clove garlic
450g minced lamb
1 tbsp tomato puree
1 lemon
2 *tbsp oil*
1 *tsp ground ginger*
1 *tsp cinnamon*
1 *tsp mixed spice*
2 *tsp coriander*
100ml water



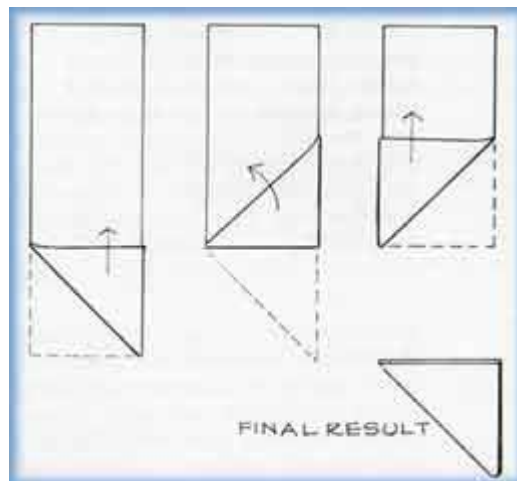
Method

1. Preheat the oven to 190°C, Gas 5.
2. Lightly grease a baking tray.
3. Peel the onion, and chop finely.
4. Peel and crush the garlic.
5. Wash and dry the lemon, and then remove the zest using the fine side of a grater.
6. Cut the lemon in half, and squeeze out the juice.
7. Heat the oil in a large frying pan on a medium heat, and fry the onion and garlic until soft, stirring occasionally.
8. Add the ginger, cinnamon, mixed spice, and coriander, and cook for 2 minutes, stirring.
9. Add the minced lamb, and fry until browned, stirring occasionally.
10. Stir in the water, tomato purée, lemon zest, and lemon juice, and cook For 10 minutes, stirring occasionally.
11. Season with salt and pepper.
12. Remove from the heat and leave to cool.
13. Stack the pastry sheets on top of each other, and cut into strips approximately 15cm wide with a sharp knife.
14. Carefully place the cut pastry strips in a plastic bag to prevent them drying out before use.
15. Melt the butter in a saucepan over a low heat, making sure that it does not burn.

16. Place one strip of pastry on a piece of greaseproof paper, and brush with the melted butter.
17. Place a heaped teaspoonful of the filling mixture on the end of the pastry strip nearest to you, and about 3cm from the end.
18. Fold the corner of the pastry over diagonally to enclose the filling and form a triangular shape.
19. Fold again horizontally to encase the filling on two sides.



20. Continue to fold the pastry strip alternately diagonally and horizontally up the length of the pastry, tucking the last piece of pastry underneath the triangle to seal it.



21. Place the filled triangle on the greased baking tray
22. Repeat for the rest of the pastry strips and filling.
23. Brush the top of the pastry triangles with a little more melted butter.
24. Bake for about 12 minutes until golden brown and crisp.

Storage :-

Store in an airtight container in the fridge
Eat within 24 hours

Reheating :-

Can be eaten cold
If reheating, place in the oven at 180°C,
Gas 4 for 10 minutes until piping hot

CHOUX PASTRY

Basic recipe

Ingredients:

50g **hard** margarine / butter

Pinch of salt

50g strong plain flour

2 eggs

125ml cold water



Method

1. Preheat the oven to 200°C, Gas 6.
2. Prepare the baking tins.
3. Beat the eggs in a jug with a fork.
4. Put margarine, salt, and water in a saucepan, and bring to the boil.
5. Remove the pan from the heat.
6. Immediately add all the flour, and beat in with a heatproof spoon.
7. Return the pan to a low heat, and continue to beat the mixture until it is smooth, thick, and glossy, and the mixture leaves the sides of the pan.
8. Remove the pan from the heat, and allow the mixture to cool slightly.
9. Add the beaten eggs to the mixture in the pan, a little at a time, and beat in thoroughly between each addition to give a smooth, thick paste.
10. Use immediately.

Recipes using this method:

- Profiteroles
- Chocolate éclairs
- Choux buns

PROFITEROLES

Ingredients

50g **hard** margarine / butter
 50g strong plain flour
 2 eggs
 250ml double or whipping cream
 200g cooking chocolate
Pinch of salt
125ml cold water



Method

1. Preheat the oven to 200°C or Gas 6.
2. Grease and flour 2 large baking trays.
3. Beat the eggs in a jug with a fork.
4. Put the margarine, salt, and water in a saucepan, and bring to the boil.
5. When the mixture is boiling, remove from the heat.
6. Immediately add all the flour, and beat in with a heatproof spoon to form a roux.
7. Return the saucepan to a low heat, and continue to beat the mixture until it is smooth, thick, and glossy, and the mixture leaves the sides of the pan.
8. Remove the pan from the heat, and allow the mixture to cool slightly.
9. Add the beaten eggs to the roux, a little at a time, and beat in thoroughly between each addition to give a smooth, thick paste.
10. Place the mixture in a piping bag fitted with a 2cm plain nozzle.
11. Pipe the mixture in 4cm rounds well-apart on the baking trays.
12. Bake for 20 to 30 minutes until well-risen, golden brown, and crisp.
13. Remove the profiteroles from the oven.
14. Slit each profiterole carefully down one side with a sharp knife, scoop out any soft mixture in the middle with a teaspoon, put the profiteroles back on the baking tray, and return to the oven for 2 or 3 minutes to dry out.
15. Remove from the oven, and cool on a cooling rack.
16. Whip the cream with either a balloon whisk or an electric whisk until thick, being careful not to over whip it.
17. When the profiteroles are completely cold, fill them with the whipped cream.
18. Either melt the chocolate in a heatproof bowl over a pan of hot water, or place it in a bowl and melt it in the microwave, following the instructions on the packet.
19. Using a teaspoon, spoon the melted chocolate over the tops of the profiteroles, and leave until set.

Storage :-

Store in an airtight container in the fridge
 Eat within 24 hours

CHOCOLATE ÉCLAIRS

Ingredients:

50g **hard** margarine / butter

50g strong plain flour

2 eggs

250ml double or whipping cream

200g cooking chocolate

Pinch of salt

125ml cold water



Method

1. Preheat the oven to 200°C, Gas 6.
2. Grease and flour 2 large baking trays.
3. Beat the eggs in a jug with a fork.
4. Put margarine, salt, and water in a saucepan, and bring to the boil.
5. Remove the pan from the heat.
6. Immediately add all the flour, and beat in with a heatproof spoon.
7. Return the pan to a low heat, and continue to beat the mixture until it is smooth, thick, and glossy, and the mixture leaves the sides of the pan.
8. Remove the pan from the heat, and allow the mixture to cool slightly.
9. Add the beaten eggs to the mixture in the pan, a little at a time, and beat in thoroughly between each addition to give a smooth, thick paste.
10. Place the mixture into a piping bag fitted with a 1.5cm plain nozzle.
11. Pipe the mixture in 7cm lengths well-apart on the baking trays.
12. Bake for 20 to 30 minutes until golden brown and crisp.
13. Remove the éclairs from the oven.
14. Slit each éclair carefully down one side with a sharp knife, scoop out any soft mixture in the middle with a teaspoon, put the éclairs back on the baking tray, and return to the oven for 2 to 3 minutes to dry out.
15. Remove from the oven, and cool on a wire rack.
16. Whip the cream with either a balloon whisk or an electric whisk until thick.
17. When the éclairs are cold, fill them with the whipped cream.
18. Either melt the chocolate in a heatproof bowl over a pan of hot water, or place it in a bowl and melt it in the microwave, following the instructions on the packet.
19. Carefully dip the tops of the éclairs in the melted chocolate, and leave until set.

Storage :-

Store in an airtight container in the fridge
Eat within 24 hours

CHICKEN CHASSEUR

Ingredients:

1 chicken
 25g butter
 100g shallots or very small onions
 100g button mushrooms
 200ml dry white wine
 1 chicken stock cube
 200g tomatoes
 1 teaspoon finely chopped parsley
 1 teaspoon finely chopped tarragon
 2 tablespoon oil



Method

1. Preheat the oven to 180°C or Gas 4.
2. Peel the shallots or onions, and slice very thinly.
3. Wipe the mushrooms on a kitchen towel, and trim the ends of the stalks.
4. Joint the chicken.
5. Heat the oil and the butter in a large saucepan over a medium heat.
6. Place the chicken portions in the pan, and cook until golden brown on all sides, turning regularly.
7. Put a lid on the pan, and cook for 10 minutes.
8. Remove the chicken from the pan, and place in the ovenproof dish.
9. Add the sliced shallots or onions to the saucepan, adding a little more oil if necessary, put a lid on the pan, and cook on a medium heat for 3 minutes, stirring occasionally, until just softened.
10. Add the mushrooms, put the lid on the pan, and cook for 5 minutes.
11. Drain off any fat from the pan.
12. Add the white wine.
13. Make the stock by crumbling the stock cube into a jug, adding the boiling water, and stirring until dissolved. Add the stock to the pan.
14. Make a *concassé* by skinning and deseeding the tomatoes, and chopping them coarsely.
15. Add the tomato concassé to the pan, and season with salt and pepper.
16. Bring to the boil on a high heat, turn the heat down slightly, and simmer for 5 minutes, stirring occasionally.
17. Pour the sauce over the chicken portions in the ovenproof dish, cover with a lid or tin foil, stand the dish on a baking tray, and cook for approximately 1 hour until the chicken is cooked.
18. Serve sprinkled with the chopped parsley and tarragon.

Storage :-

Store in an airtight container
 in the fridge

Reheating :-

If reheating, place in the oven at 180°C,
 Gas 4 for 30 minutes until piping hot

SPAGHETTI BOLOGNESE

Ingredients

250g spaghetti
 1 onion
 100g mushrooms
 1 green pepper
 250g minced beef
 1 large tin chopped tomatoes
 1 beef stock cube
 1 *tablespoon plain flour*
Salt and pepper
Mixed herbs
 3 *tablespoons oil*



Remember to bring :-
 arge container with a lid

Method

1. Peel the onion, and chop finely.
2. De-seed the green pepper, and chop finely.
3. Wipe the mushrooms on a kitchen towel, trim the stalks, and slice thinly.
4. Crumble the stock cube into a jug, add 300ml boiling water, and stir until dissolved.
5. Heat the oil in a large frying pan over a medium heat.
6. Fry the onion, green pepper, and mushrooms for 5 minutes, until just soft, stirring occasionally.
7. Add the minced beef, and fry until the meat is browned, stirring occasionally.
8. Carefully drain off any excess fat.
9. Add the plain flour, and mix well.
10. Add the chopped tomatoes, including the juice.
11. Add the stock and mixed herbs, and season with salt and pepper.
12. Bring to the boil on a high heat.
13. Turn the heat down slightly, and simmer with a lid on the pan, for about 30 minutes, stirring occasionally, until the sauce has thickened.
14. Half fill a saucepan with water, and bring to the boil on a high heat.
15. Add the spaghetti, and cook for 10 to 15 minutes until just tender. (Al dente.)
16. Drain the cooked spaghetti through a colander, and then stir through 1 tablespoon of oil to stop it sticking together.
17. Serve the Bolognese sauce on a bed of the cooked spaghetti.

Storage :-

Store in an airtight container
 in the fridge
 Eat within 24 hours

Reheating :-

Place the Bolognese in a saucepan, and reheat
 without boiling until piping hot all the way through,
 stirring occasionally

LASAGNE

Ingredients

1 onion
 1 large tin chopped tomatoes
 1 carrot
 1 beef stock cube
 50g mushrooms (Optional)
 250g minced beef
 175g pre-cooked lasagne sheets
 375ml milk
 25g margarine
 25g plain flour
 150g grated cheese
 2 teaspoon Worcestershire sauce
 1 tablespoon tomato purée
 Salt and pepper
 1 tablespoon plain flour
 2 tablespoons oil



Remember to bring :-

Ovenproof dish, eg
casserole dish

Storage :-

Store in an airtight container in the fridge
 Eat within 24 hours

Method

1. Preheat the oven to 180°C or Gas 4.
2. Peel the onion and chop finely.
3. Peel and grate the onion.
4. Wipe the mushrooms on a kitchen towel, trim the stalks, and chop finely.
5. Heat the oil in a large saucepan over a medium heat, and fry the onions and carrot until just soft, stirring occasionally.
6. Add the minced beef and chopped mushrooms, and fry until the meat is browned, stirring all the time.
7. Add the tablespoon of plain flour and the chopped tomatoes, including the juice, and mix well.
8. Crumble in the stock cube, stir in the tomato purée and the Worcestershire sauce, and season with salt and pepper.
9. Bring to the boil over a medium heat, stirring all the time.
10. Turn the heat down slightly, and simmer with the lid on the pan for 20 minutes, stirring occasionally, and adding a little boiling water if the mixture becomes too dry.
11. Put the milk, margarine, and plain flour in a saucepan, and bring to the boil, whisking all the time, until the sauce has thickened. Stir in half the cheese.
12. Put half the meat sauce in the ovenproof dish, place a layer of lasagne sheets on top of the meat, and pour half of the cheese sauce over the lasagne sheets.
13. Repeat step 12 to use the remaining meat sauce, lasagne sheets, and cheese sauce.
14. Sprinkle the rest of the grated cheese over the cheese sauce.
15. Place in the oven for 20 minutes until piping hot all the way through and the cheese has melted and is golden brown.

Reheating :-

If reheating, place in the oven at 180°C,
 Gas 4 for 20 minutes until piping hot

BEEF CASSEROLE

Ingredients:

450g chuck steak
 1 onion
 1 tin chopped tomatoes
 1 clove garlic
 1 bay leaf
 150g shallots or small onions
 120g smoked streaky bacon
 50g button mushrooms
 1 Carrot
Salt and pepper
2 tbsp oil
½ tsp dried thyme
1 level tbsp. plain flour



Method

1. Preheat the oven to 140°C, Gas 1.
2. Trim any fat from the meat, and cut into bite-size pieces.
3. Peel and slice the onion.
4. Peel the garlic, and chop coarsely.
5. Peel the shallots, and leave whole. (If they are very large, they should be halved.)
6. Trim the rind from the bacon, and cut into cubes.
7. Wipe the mushrooms, trim the stalks, and leave whole. (If they are very large, they should be halved.)
8. Heat the oil on a medium heat in a large saucepan.
9. Add the meat, and cook for 5 minutes, stirring with a heatproof spoon, until the outside of the meat is sealed.
10. Remove the meat from the pan, and place on a plate.
11. Put the sliced onion in the saucepan, and fry until just browned.
12. Add the shallots and bacon, and fry for 5 minutes.
13. Add the button mushrooms, and fry for a further 5 minutes.
14. Return the beef to the pan, and stir in the flour.
15. Add the tinned tomatoes, garlic, thyme, and bay leaf, and season with salt and pepper.
16. Transfer the casserole to the casserole dish, cover with a lid or tin foil, and stand the dish on a baking tray.
17. Place in the oven, and cook for 2 to 3 hours until the meat is tender, adding a little water if it begins to dry out.

Storage :-

Store in an airtight container in the fridge - Eat within 24 hours

Reheating :-

If reheating, place in the oven at 180°C, Gas 4 for 20 minutes until piping hot, adding a little more water if it begins to dry out

CHICKEN CANNELLONI IN A WHITE SAUCE

Ingredients:

8 large cannelloni tubes
 1 onion
 150g cooked chicken
 50g mushrooms
 50g breadcrumbs
 1 egg
 25g plain flour
 25g margarine
 250ml milk
 Fresh parsley
 1 or 2 tomatoes
 2 *tbsp oil*
Salt and pepper



Remember to bring :-

Ovenproof dish, eg casserole dish

Method

1. Preheat oven to 200°C, Gas 6.
2. Lightly grease the ovenproof dish.
3. Peel the onion and wipe the mushrooms, and then chop finely.
4. Cut the cooked chicken into small pieces.
5. Fry the chopped onion and mushrooms in the oil in a frying pan on a medium heat until just soft, stirring occasionally with a heatproof spoon.
6. Stir in the cooked chicken pieces, and remove the pan from the heat.
7. Put the chicken mixture, chopped parsley, and half the breadcrumbs into a mixing bowl, and season with salt and pepper.
8. Beat the egg in a jug.
9. Add enough beaten egg to the chicken mixture to bind it together.
10. Carefully stuff each cannelloni tube with the chicken mixture, using a teaspoon to insert the mixture into each end of the tubes until the tubes are full.
11. Place the filled cannelloni tubes side by side in the ovenproof dish in a single layer.
12. Put the plain flour, margarine, and milk into a saucepan.
13. Bring to the boil on a high heat, whisking all the time with a balloon whisk, until smooth and thickened.
14. Remove the pan from the heat, and season the sauce with salt and pepper.
15. Pour the sauce evenly over the cannelloni in the dish to coat them completely.
16. Sprinkle the remaining breadcrumbs evenly over the top of the sauce.
17. Bake for approximately 20 minutes until golden brown on top.
18. Serve garnished with thinly sliced tomato and parsley sprigs.

Storage :-

Store in an airtight container
 in the fridge
 Eat within 24 hours

Reheating :-

If reheating, cover with foil, and place in the oven at
 180°C, Gas 4 for 20 minutes until piping hot

SWEET AND SOUR PORK

Ingredients:

300g belly pork/spare ribs/pork fillet
1 medium tin pineapple chunks in syrup
1 tbsp granulated sugar
1 tbsp soy sauce
1 tbsp tomato puree
150g long grain rice
1 tbsp oil
½ tsp ginger
1 tbsp cornflour
1 tbsp vinegar



Method

1. Cut the pork into bite-sized chunks.
2. Fry the pork in a little oil in a frying pan on a medium heat until cooked through, stirring occasionally with a heatproof spoon.
3. Remove the cooked pork from the frying pan, and place on a plate.
4. Drain the syrup from the pineapple chunks into a jug.
5. Put the pineapple chunks and the ginger in the frying pan, adding a little more oil if necessary, and fry gently on a medium heat until pineapple just begins to colour, stirring occasionally.
6. Add enough water to the pineapple syrup in the jug to make it up to 250ml.
7. Add the cornflour, sugar, vinegar, soy sauce, and tomato purée to the pineapple and water, and mix well until smooth.
8. Carefully pour the liquid into the frying pan with the pineapple chunks.
9. Bring to the boil on a high heat, stirring all the time.
10. Add the cooked pork, turn the heat down slightly, and simmer for 5 to 8 minutes until the sauce has thickened, stirring all the time.
11. Cook the rice according to the instructions on the packet.
12. Serve the sweet and sour pork on top of a bed of rice

Storage :-

Store in an airtight container in the fridge
Eat within 24 hours

Reheating :-

Place the mixture in a saucepan, and reheat without boiling, adding a little water if it begins to dry out, until piping hot all the way through, stirring occasionally

SAUSAGE RISOTTO

Ingredients

250g sausages
100g risotto rice
1 onion
100g mushrooms
50g green beans or peas
50g sweetcorn
375ml water
1 vegetable stock cube

Salt and pepper

1 tablespoon Worcester sauce

1 tablespoon oil



Method

1. Wash the rice in a sieve under the cold water tap.
2. Peel the onion and chop finely.
3. Wipe the mushrooms on a kitchen towel, trim the stalks, and slice thinly.
4. Crumble the stock cue into a jug, add 375ml boiling water, and stir until dissolved.
5. Heat the oil in a frying pan over a medium heat.
6. Gently fry the sausages until cooked and brown.
7. Remove the sausages from the pan, and leave on a plate.
8. Add the chopped onion and the rice to the frying pan, and fry for about 7 minutes over a medium heat, adding more oil if necessary, and stirring all the time with a heatproof spoon to prevent the rice sticking to the pan.
9. Add the mushrooms, beans or peas, sweetcorn, stock and Worcestershire sauce, and season with salt and pepper.
10. Bring to the boil on a high heat.
11. Turn the heat down slightly, and simmer gently for about 12 minutes until the rice is tender, and all the water has been absorbed, stirring occasionally.
12. Slice the sausages, add to the rice and cook for a further 5 minutes until the sausages are piping hot all the way through.
13. Serve hot or cold with salad.

Storage :-

Store in an airtight container in the fridge
Eat within 24 hours

Reheating :-

Place the mixture in a saucepan and reheat, adding a little water if it begins to dry out, until piping hot all the way through, stirring all the time

EASTER GATEAU



CAKE

Soft margarine (<i>Please make sure that the tub says 'Suitable for Baking' as some soft spreads will not work.</i>)	150g
Caster sugar	150g
Eggs	3
Self raising flour	150g

DECORATION

Soft margarine (<i>Please make sure that the tub says 'Suitable for Baking' as some soft spreads will not work.</i>)	150g
Icing sugar	300g
100's and 100's (sugar strands) or chocolate strands	Large tub
Chocolate buttons, glacé cherries, mini eggs, etc	Selection
Plate to put gateau on	
Tin to take gateau home in. (Make sure plate goes in tin.)	

Method

1. Preheat the oven to 180°C, Gas 4.
2. Grease 2 x 15cm cake tins, line the bases with circles of greaseproof paper, and grease again.
3. Put all ingredients in a mixing bowl, and beat thoroughly with a wooden spoon until soft, fluffy, and pale in colour.
4. Divide the mixture evenly between the prepared tins, using a table spoon and a knife, and level off using the back of a metal spoon.
5. Bake for 15 to 25 minutes until golden brown and springy to the touch.
6. Carefully loosen the cakes from the tins by going around the edge with a knife, and tapping the sides of the tin gently.
7. Remove the cakes from the tins, and leave to cool.
8. Put margarine for buttercream in mixing bowl, and beat with a large spoon until very soft and fluffy.
9. Gradually add icing sugar a spoonful at a time and beat in.
10. Sandwich the sponge cakes together, base to base, using 2 tablespoons of the buttercream that you have just made.
11. Place cake on chopping board.
12. Spread buttercream on sides of cake.
13. Put 100's and 1000's on a plate.
14. Dip sides of cake in the 100's and 1000's so that they stick to the buttercream.
15. Put cake on plate you have brought from home.
16. Spread a thin layer of buttercream on top of the cake.
17. Put the rest of the buttercream in a piping bag fitted with a star nozzle.
18. Pipe swirls of buttercream on top of the gâteau, and decorate with chocolate buttons, glacé cherries, etc.

SUMMER STRAWBERRY GATEAU

Ingredients:

150g soft margarine
150g caster sugar
150g self raising flour
3 eggs
1 punnet strawberries
300ml whipping or double cream
1 small plain chocolate bar



Method

1. Preheat the oven to 180°C, Gas 4.
2. Grease 2 x 20cm cake tins, line the bases with circles of greaseproof paper, and grease again.
3. Put all cake ingredients in a mixing bowl, and beat thoroughly with an electric whisk until soft, fluffy and light in texture.
4. Divide the mixture evenly between the prepared tins, using a table spoon and a knife, and level off using the back of a metal spoon.
5. Bake for 15 to 25 minutes until springy to the touch.
6. Carefully loosen the cakes from the tins by going around the edge with a knife, and tapping the sides of the tin gently.
7. Remove the cakes from the tins, and leave to cool.
8. Remove stalks from the strawberries, cut half the strawberries in half and leave on a plate. Cut the remaining strawberries into smaller pieces.
9. Put margarine for buttercream in mixing bowl, and beat with a large spoon until very soft and fluffy.
10. Mix half the whipped cream with the smaller, chopped strawberries.
11. Sandwich the sponge cakes together, base to base, using 3 tablespoons of the strawberry cream that you have just made.
12. Place cake on plate.
13. Spread the rest of the whipped cream on top of the cake.
14. Decorate with the halved strawberries, and shavings of the chocolate bar.

Storage :-

Store in an airtight container in the fridge
Eat within 2 days

