

4 Large Bowls

4 Measuring Jugs

4 Saucepans
Lids and Pan Stands

2 Baking Trays
2 Cooling Racks

Soda Bread

Ingredients

1 tbsp white vinegar
250ml milk
325g plain flour or wholemeal flour
1 tsp baking soda
1/2 tsp sea salt
1 tsp sugar

Equipment

jug
mixing bowl
fork
sharp knife
baking paper
baking tray



Method

1. Preheat the oven to 200°C.
2. Measure the milk into a jug. Add the vinegar to the jug with the milk. Place the jug to the side for a few minutes for the milk to sour.
3. Combine the flour, baking soda, salt and sugar in a large mixing bowl. Stir to distribute the dry ingredients thoroughly.
4. Make a well in the centre of the dry ingredients and pour in the soured milk. Mix lightly with a fork until the dough comes together.
5. Lightly flour a surface and tip the dough onto the floured surface. Flour your hands and gently knead the dough for a short time, about 20 seconds.
6. Split the dough into four equal pieces and gently shape the pieces into round bread roll shapes.
7. Use a sharp knife to cut a deep cross into the top of each loaf. This will allow the bread to rise.
8. Place in the oven and bake for about 20 minutes.
9. Cool on a rack and serve.

Mediterranean Veg and Couscous

Ingredients

1 onion
½ carrot
½ pepper
½ courgette
fresh mint
1 tbsp oil
6 cubes of feta cheese
2 apricots
8 tablespoons of cooked couscous
2 tablespoons of chickpeas

Equipment

Chopping board
Sharp knife
Tablespoon
Baking tray
Mixing bowl
Spoon



Method

1. Preheat the oven to 200°C.
2. Wash the carrot, courgette and pepper.
3. On a chopping board cut the onion, carrot, pepper and courgette into small cubes. These should all be about the same size.
4. Put the diced vegetables into your mixing bowl and add 1 tablespoon of oil. Mix the vegetables and coat them in the oil.
5. Place the vegetables on a baking tray and place in the oven for 20 minutes.
6. Whilst you are waiting for the vegetable to cook, place the couscous into a your large mixing bowl.
7. Chop the fresh mint into small pieces and add this to the couscous. Chop the apricots and feta cheese into small pieces and add these to the couscous. Add the chickpeas.
8. After 20 minutes, remove the vegetables from the oven and leave to cool. Once cooled as these to the couscous.
9. Wash up and tidy your tables.

Rocky Road

Ingredients

100gr digestive biscuits
70gr margarine
100g chocolate
1 Tbsp golden syrup
25gr marshmallows
2 apricots
20gr pumpkin seeds
25gr Rice Crispies

Equipment

Saucepan
Pan stand
Foil tin
Plastic spoon
Sharp knife
Mixing bowl



Method

1. Place the margarine, chocolate, golden syrup into a saucepan and heat on a low heat. Stir until there are no lumps of chocolate visible. Remove from heat and leave to cool on a pan stand.
2. In a mixing bowl break the digestive biscuits into small pieces.
3. Chop the marshmallows and apricots into small bite size pieces.
4. Add the biscuits, marshmallows, apricots, pumpkin seeds and Rice Crispies into the chocolate mixture.
5. Stir everything well and then tip the mixture into the foil tin.
6. Write your name onto the lid and close the lid onto the foil tin.
7. Place the Rocky Road into the fridge to cool.
8. Wash up your equipment and tidy your table.

Ingredients

1 onion
¼ red, yellow or green pepper
1 tsp garlic powder
1 tbs oil
100g of mince beef / quorn
200gr chopped tomatoes
¼ tin of kidney beans
1 tsp chilli powder
Pinch of black pepper
100ml water
½ stock cube
Fresh herbs of your choice

Equipment

Chopping board
Sharp knife
Saucepan
Pan stand
Measuring jug
Measuring spoons
Plastic spoon
Small bowl



Chilli con Carne

Method

1. Peel and chop the onions and slice the pepper.
2. In a measuring jug, add the stock cube, chilli powder, pepper to the water and mix well.
3. In a saucepan fry onion, peppers, garlic powder in the oil until soft. Then add the mince beef or Quorn and fry for 5 minutes until the mince has browned.
4. Remove the pan from the heat and place on the pan stand
5. Add the tomatoes, kidney beans and pepper and water, stock, chilli powder and pepper to the pan.
6. Return to the hob, bring to the boil and then turn to a low heat and simmer for 15.
7. Chop your herbs finely and add them to the saucepan after 15 minutes, cook again for a further five minutes.
8. Place your cooked chilli into a foil tin. You may wish to serve this with rice.
9. Wash up your equipment and tidy your table.

Fruit Smoothie

Ingredients

200ml milk of your choice

½ banana

1 handful frozen fruit of your choice

1 tbs of oats or seeds of your choice

Equipment

blender

measuring jug

table spoon

glass or cup

Method

1. Measure out 200 ml of milk of your choice.
2. Chop up your banana into chunks.
3. Add the frozen fruit, banana, oats or seeds to your measuring jug.
4. Pour your smoothie mix into the blender. Blend for one minute until smooth.
5. Serve your smoothie in a glass.
6. Enjoy your smoothie.
7. Wash up your equipment and tidy away.



Ingredients

1 onion
1 carrot
1 celery stick
1 potato
1 tbs oil
400ml water
1 veg stock cube

Equipment

Saucepan
Pan stand
Chopping board
Sharp knife
Vegetable peeler
Plastic spoon
Measuring jug
Measuring spoons



Vegetable Soup

Method

1. Top and tail the carrot then peel and dice.
 - Peel and chop the onion
 - Peel and dice the celery and potatoes
 - Prepare any other veg and cut it into small pieces.
2. Heat the oil in a saucepan and fry all of the vegetables, except the potatoes for 5 minutes.
3. Add the 400 ml of water and crumble in the stock cube.
4. Add the potatoes to the saucepan.
5. Bring the soup to the boil and then turn down to a low heat to simmer for 20 minutes.
6. Remove the pan from the heat.
7. Blend the soup (ask the teacher for help)
8. Wash up and tidy the equipment away.
9. Once cooled, pour your soup into a container.

At home, reheat in a saucepan or microwave and enjoy with some bread.

Lasagne Ragu

Ingredients

1 onion
½ carrot
½ celery stick
1 tsp of garlic
1 tbs oil
100g mince beef/Quorn
200g tinned tomatoes
½ tin of beans/lentils
1 tbs tomato puree
1 tsp mixed herbs
50 ml water (4tbs)

Equipment

Saucepan
Measuring jug
Chopping board
Sharp knife
Vegetable peeler
Plastic spoon
Measuring spoons



Method

1. Prepare the vegetables.
 - Peel and chop the onion
 - Peel and dice the celery and carrots
2. Fry the onions, carrot, celery and garlic in the oil until soft.
3. Add the mince beef or Quorn and cook until brown.
4. Remove the pan from the heat and put it on a pan stand.
5. Add the tomatoes, water, herbs and tomato puree.
6. Return to the hob. Bring to the boil, then turn down to a low heat and simmer for 20 minutes.
7. After 20 minutes take the pan off the heat and leave to cool on the pan stand.
8. Wash up and tidy the equipment away.
9. Write your name clearly on a freezer bag. When your ragu is cool pour the ragu into the freezer bag. You may need someone help you hold the bag open.
10. Place the ragu into the freezer

Ingredients

Cheese sauce
25g butter/margarine
2tbs flour
250ml milk
75g cheese

Lasagne sheets

Ragu sauce

Equipment

Saucepan
Pan stand
Plastic spoon
Measuring spoons
Measuring jug
Cheese grater



Lasagne Cheese Sauce

Method

1. Heat your oven to 180C or gas mark 6
2. Grate the cheese into a bowl.
2. Place the butter/marg into a saucepan.
3. Melt the butter on a medium heat until melted.
4. Take the pan off the heat and stir in the flour and mix together until a smooth paste.
5. Put back on the heat and heat gently for 2 minutes.
6. Take the saucepan off the heat and take back to your table.
7. Add a small amount of milk and stir into your flour mixture until smooth.
8. Keep adding the milk slowly until it is all added to the saucepan.
9. Return the pan to the cooker and heat the milk until the sauce thickens. Cook gently for 3 to 4 minutes.
10. Add the cheese and stir in until melts.
11. Layer your lasagne into a metal tray.
Ragu/Pasta/Cheese sauce/Ragu/Pasta/Cheese sauce.
12. Bake in the oven for 30 minutes until golden brown.
13. Wash up and tidy your kitchen.

Ingredients

50g block margarine
100g SR Flour (you can add 1 tbs oats)
25g sugar
Fruit
1 tbs sultanas
Cinnamon
1 tbs Custard Powder
1 tbs Sugar/Sweetener
200ml Milk

Equipment

Mixing bowl
Chopping board
Baking tray
Measuring spoons
Table knife
Sharp knife
Foil tray
Saucepan
Measuring jug
Plastic spoon



Fruit Crumble and Custard

Crumble Method

1. Preheat the oven to 180C or gas mark 4
2. Cut the margarine into small cubes and place the flour over the margarine.
3. Rub the flour into the margarine with your fingertips until it looks like fine breadcrumbs.
4. If you are adding oats, add them into your crumble mix with the sugar and stir with a spoon to distribute.
5. On a chopping board, using a sharp knife, cube the fruit that requires chopping.
6. Arrange the fruit into the foil tin, add the sultanas and spices.
7. Sprinkle the topping over the fruit and place the foil tray on a baking sheet. Bake for 20-25 minutes, until the crumble is golden brown.

Custard Method

1. Add the custard powder and sugar into a saucepan. Mix together.
2. Add a small amount of cold milk and stir together to make a thick paste.
3. Slowly add the remaining milk into the pan, stirring constantly.
4. Slowly heat the custard mixture and continue to stir until the custard thickens.
5. Once the custard begins to boil, reduce the heat and simmer for 1-2 minutes. Take off the heat and leave to cool.

Ingredients

1 parsnip
½ pepper
1 carrot
½ onion

1 onion
1 carrot (pre-prepared)
1 celery stick
1 potato
1 tbs oil
400ml water
1 veg stock cube

Equipment

Saucepan
Pan stand
Chopping board
Sharp knife
Vegetable peeler
Plastic spoon
Measuring jug
Measuring spoons



Roast Vegetable Soup

Method

1. Prepare the parsnip, pepper, onion and carrot and chop them into equal sized small pieces.
 2. Put the oil in the small bowl and add your spice/herbs and coat in the oil.
 3. Place on a baking tray and bake in a hot oven for 30 minutes.
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1. Top and tail the carrot then peel and dice.
 - Peel and chop the onion
 - Peel and dice the celery and potatoes
 - Prepare any other veg and cut it into small pieces.
 2. Heat the oil in a saucepan and fry all of the vegetables, except the potatoes for 5 minutes.
 3. Add the 400 ml of water and crumble in the stock cube.
 4. Add the potatoes to the saucepan.
 5. Bring the soup to the boil and then turn down to a low heat to simmer for 20 minutes. Add the roasted vegetables for the last 10 minutes.
 6. Remove the pan from the heat.
 7. Blend the soup (ask the teacher for help)
 8. Wash up and tidy the equipment away.
 9. Once cooled, pour your soup into a container.

At home, reheat in a saucepan or microwave and enjoy with some bread.

Ingredients

100g S.R Flour
½ teaspoon baking powder
½ teaspoon mustard powder
25g block margarine
50g Grated cheese
4 tbs milk
chives

Equipment

Jug
Mixing Bowl
Fork
Knife
Measuring spoons
Baking tray
Cheese grater
Scissors
Scone cutter
Rolling pin
Pastry brush



Cheese and Chive Scones

Method

1. Preheat the oven to 200°C.
2. Measure the milk into a jug.
3. Grate the cheese into a small bowl and then snip the chives into the cheese.
4. Weigh out the flour and put into a large mixing bowl.
5. Add the baking powder and mustard powder.
6. Measure out the margarine and cut into small cubes.
7. Rub the flour and margarine together until they resemble fine bread crumbs.
8. Add the cheese and chives to the flour mixture and use a fork to mix it together.
9. Add a 2 tablespoons of milk and bring the mixture together with a fork. Slowly add the remaining mixture until it forms a soft dough. (You may not need all of the milk)
10. Lightly flour your table and roll the dough out until it is 2cm thick. Use a cutter to cut out your scones
11. Place the scones on a greased baking tray. Glaze the scones with a little milk.
12. Place in the oven and bake for about 15-20 minutes until golden brown.
13. Cool on a rack and serve.

Ingredients

200g Strong White Flour
130ml warm water
1 teaspoon yeast
1 teaspoon sugar
1 tablespoon oil
½ teaspoon salt
50g grated cheese
Toppings (1 mushroom, 1tbs sweetcorn, ham)
1tbs tomato puree
1tbs passata

Equipment

Jug
Mixing Bowl
Fork
Spoon
Measuring spoons
Baking tray
Cheese grater
Rolling pin



Bread Dough Pizza

Method

1. Preheat the oven to 200°C.
2. Measure the warm water into the jug then add the yeast, oil and sugar to the water.
3. Weigh out the flour and put into a large mixing bowl then add the salt.
4. Pour the water into the flour and mix with the fork until it forms a dough
5. Put a little flour on the table and knead the dough for 5 minutes until soft and smooth.
6. Put the dough back into your bowl and cover with a tea towel for 30/45 minutes.
7. Prepare your toppings. Slice your mushroom. In a small bowl mix your passata and tomato puree together. You can start to wash up and clean your table.
8. Knock out the air from your dough. Put the dough onto your table and shape into a ball. With a rolling pin, roll out the dough.
9. Transfer your dough onto a greased baking tray.
10. Put the tomato mixture onto the pizza base then add your cheese and toppings.
11. Place in the oven and bake for about 15-20 minutes until the cheese has melted and the dough is golden.
12. Cool on a rack and serve.
13. Wash up, clean your table and put your clean equipment out to be checked.

Ingredients

1 mashed potato
1 portion fish
½ an egg
1 spring onion
2 tablespoons breadcrumbs
Pinch of salt

Equipment

Baking tray
Bowl
Potato masher
Chopping board
Sharp knife
Oven gloves



Fish Cakes

Method

1. Preheat the oven to 200°C.
2. Place the fish onto the baking tray and cook in the oven for 10 minutes.
3. While the fish is cooking, chop the spring onion into slices.
4. Take the fish out of the oven and leave to cool.
5. In the bowl mix together the mashed potato, spring onion, salt, half of the egg and the fish.
6. Shape into 6 balls then flatten them slightly to make the fish cakes.
7. Dip each cake in the beaten egg, then coat in the breadcrumbs.
8. Place on the baking tray and cook in the oven for 15 minutes.

Ingredients

100g light condensed milk
90g oats
20g mixed dried fruit
1 teaspoon sunflower seeds
1 teaspoon pumpkin seeds

Equipment

Baking tray
Plastic spoon
Baking paper
Palette knife



Breakfast Bars

Method

1. Preheat the oven to 200°C.
2. Line the baking tray with baking paper.
3. Heat the milk on the hob until it thins slightly which will only take a couple of minutes.
4. Add the oats, fruit and seeds to the pan and remove from the heat.
5. Stir the mixture together.
6. Tip the mixture onto the lined baking tray and fill empty pan half full with water to make it easier to wash up.
7. Use the palette knife to shape the mixture into a rectangle.
8. Bake in the oven for 10 minutes.
9. Take the breakfast bars out of the oven and leave them for 5 minutes before cutting them into smaller rectangles.

Ingredients

1 onion
½ pepper
Celery
Potato
Carrot
Sweet potato
1 tsp garlic powder
1 tbs oil
1 tbs curry paste
200gr chopped tomatoes
½ tin of Coconut milk
½ tin of chick peas

Equipment

Chopping board
Sharp knife
Saucepan
Pan stand
Measuring spoons
Plastic spoon
Tin opener



Vegetable Curry

Method

1. Peel and chop the onions and celery into small pieces.
2. Prepare the pepper, potato, carrot and sweet potato in medium sized chunks.
3. In a saucepan fry onion, celery, garlic powder and pepper in the oil until soft. Then add the other veg and fry for 5 minutes until the veg has browned/cooked. Stir with a plastic spoon regularly to avoid sticking
4. Add the curry paste and fry for 1 minute.
5. Remove the pan from the heat and place on the pan stand.
6. Shake the coconut milk vigorously before opening.
7. Add the tomatoes, chick peas and coconut milk to the pan.
8. Return to the hob, bring to the boil and then turn to a low heat and simmer for 15. Stir regularly.
9. Place your cooked curry into a foil tin. You may wish to serve this with rice.
10. Wash up your equipment and tidy your table.

Ingredients

1 onion
Celery
Potato
Carrots
1 tsp garlic powder
1 tbs oil
1 Chicken thigh / quorn pieces
200g tomatoes
1 heaped tbs flour
150ml water and half stock cube
50g self-raising flour
25g suet
Pinch of salt
2tbs cold water
Herbs

Equipment

Chopping board
Sharp knife
Saucepan
Pan stand
Measuring spoons
Plastic spoon
Mixing Bowl
Table knife



Chicken Stew and Herby Cobbler

Method

1. Peel and chop the onions and celery into small pieces.
2. Prepare the potato, carrot and mushroom into bite size chunks.
3. In a saucepan fry onion, celery, garlic powder in the oil until soft. Then add the chicken, potato, carrot and mushroom and fry for 5 minutes until the veg has browned/cooked. Stir with a plastic spoon regularly to avoid sticking.
4. Add the flour and cook for 30 seconds.
5. Remove the pan from the heat and place on the pan stand.
6. Add the stock cube, water and tomatoes to the pan.
7. Return to the hob, bring to the boil and then turn to a low heat and simmer for 15 minutes. Stir regularly.
8. Place the flour, salt, suet and herbs into a mixing bowl.
9. Add 2 tbs cold water and bring together with a table knife.
10. Shape the dumplings into 4 round balls.
11. Place your stew into a foil tin and place the dumplings on top.
12. Bake in the oven for 15/20 minutes until golden brown.
13. Wash up your equipment and tidy your table.

Carrot Cake Muffins

Ingredients

90g Caster Sugar
100g Self Raising Flour
½ tsp Bicarbonate of Soda
1 tsp Mixed Spice
1 Egg
75ml Sunflower Oil
100g Carrots

Equipment

Measuring Jug
Mixing Bowl
Plastic Spoon
Muffin Cases
Muffin Tin
Grater
Measuring Spoons
Small Bowl
Fork



Method

1. Preheat the oven to 180°C/Gas mark 4.
2. Put 6 paper cases into your muffin tin.
3. In a mixing bowl add the sugar, flour, bicarbonate of soda and mixed spice and mix it all together with the plastic spoon.
4. Grate the carrot and place in a separate bowl.
5. Measure the oil into a jug and place the egg into the oil. Whisk with a fork.
6. Add the liquid from the jug into the flour mixture and add the carrot. Stir the mixture together.
7. Divide the mixture between the six muffin cases.
8. Place in the oven and bake for about 20-22 minutes.
9. Cool on a rack and serve.
10. Wash up and tidy up your table.

Ingredients

50g Sugar
100g Self Raising Flour
1 tbs Wholemeal Flour
½ tsp Baking Powder
½ tsp Cinnamon
60ml Milk (4tbs)
1 Egg
2tbs Sunflower Oil
1 apple
50g sultanas

Equipment

Measuring Jug
Mixing Bowl
Plastic Spoon
Muffin Cases
Muffin Tin
Grater
Measuring Spoons
Small Bowl
Fork



Apple and Sultana Muffins

Method

1. Preheat the oven to 180°C/Gas mark 4.
2. Put 6 paper cases into your muffin tin.
3. Grate the apple and place this in a small bowl then add the sultanas.
4. In a mixing bowl add the sugar, flours, baking powder and cinnamon and mix it all together with the plastic spoon.
5. Measure the milk into a jug and place the egg and oil into the mixture. Whisk with a fork for 10 seconds.
6. Add the liquid from the jug into the flour mixture then add the apple and sultanas. Stir the mixture together.
7. Divide the mixture between the six muffin cases.
8. Place in the oven and bake for about 20/25 minutes.
9. Cool on a rack and serve.
10. Wash up and tidy up your table.

Ingredients

75g Sugar
75g Gluten Free Self Raising Flour
75g Margarine
½ tsp Vanilla Essence
½ tsp bicarb of soda (level)
15g Cocoa Powder
3 tbs Milk
1 Egg
1 Banana
30g Chocolate Chips

Equipment

Mixing Bowl
Plastic Spoon
Muffin Cases
Muffin Tin
½ tsp Measuring Spoon
Tbs Measuring Spoon
Small Bowl
Teaspoon
Fork



Gluten Free Choco-Banana Muffins

Method

1. Preheat the oven to 180°C/Gas mark 4.
2. Put 6 paper cases into your muffin tin.
3. Mash the banana with a fork in a small bowl.
4. In a mixing bowl beat the sugar and margarine with a plastic spoon until light and fluffy.
5. Add the vanilla and egg and mix in with the spoon.
6. Stir in the mashed banana.
7. Add the flour, bicarb of soda, cocoa powder and milk and mix together.
8. Stir in the chocolate chips.
9. Carefully put the mixture into 6 muffin cases. Use a teaspoon and place the same amount into each case.
10. Place in the oven and bake for about 15/20 minutes.
11. The muffins will be cooked when you gently push the top and it springs back.
12. Cool on a rack and serve.
13. Wash up and tidy up your table.

Ingredients

100ml Oat Milk
1 tsp cider vinegar
150g Plain Flour
75g Sugar
½ tsp bicarb of soda
1 tsp baking powder
2 tbs Oil
50g Blueberries

Equipment

Mixing Bowl
Plastic Spoon
Muffin Cases
Muffin Tin
Measuring Spoons
Small Bowl
Teaspoon
Fork
Jug



Vegan Blueberry Muffins

Method

1. Preheat the oven to 200°C/Gas mark 6.
2. Put 6 paper cases into your muffin tin.
3. Mix the oat milk and vinegar together in a jug and leave for around 5 minutes. It will curdle but this is normal!
4. Put the flour, sugar, bicarb and baking powder into a mixing bowl
5. Add the oil to the milk mixture and stir.
6. Pour the wet ingredients into the dry ingredients and carefully fold in until all the flour disappears and you have a cake mixture.
7. Add the blueberries and gently stir in.
8. Carefully put the mixture into 6 muffin cases. Use a teaspoon and place the same amount into each case.
9. Place in the oven and bake for about 20/25 minutes.
10. The muffins will be cooked when you gently push the top and it springs back.
11. Cool on a rack and serve.
12. Wash up and tidy up your table.

Ingredients

150g Plain Flour
60g Butter
25g Caster Sugar
2tbs cold water
2 tbs Oil (for oiling tin)
Glaze
Mincemeat/Jam

Equipment

Mixing Bowl
Muffin Tin
Small Bowl
Teaspoon
Tablespoon
Fork
Jug
Table Knife
Rolling Pin
Cutters
Pastry Brush



Jam / Mince Pies

Method

1. Preheat the oven to 180°C/Gas mark 4.
2. Weigh out the flour and put in into your mixing bowl.
3. Weigh the butter and cut it into small cubes.
4. Rub the butter into the flour until they reassemble fine breadcrumbs/sand.
5. Add the sugar and mix through with the fork.
6. Add two tablespoons of cold water to your mixture and stir with a knife.
7. Gently bring the mixture together with your hands. You may need to add a tiny drop of cold water.
8. Roll out you pastry to around 3mm thick and cut out 6 disks of pastry.
9. Oil you tin and then place the pastry in the case.
10. Fill the pies with mincemeat and cut out a small pastry topper.
11. Glaze the pies and then bake in the oven for around 20 minutes, until golden.

Ingredients

120g Plain Flour
50g Butter
2 tbs Caster Sugar
2 tbs cold water
2 tbs Oil (for oiling tin)
Jam

Equipment

Mixing Bowl
Muffin Tin
Small Bowl
Tablespoon
Jug
Table Knife
Rolling Pin
Cutters



Jam Tarts

Method

1. Preheat the oven to 180°C/Gas mark 4.
2. Weigh out the flour and put it into your mixing bowl.
3. Weigh the butter and cut it into small cubes.
4. Rub the butter into the flour until they resemble fine breadcrumbs/sand.
5. Add the sugar and mix through with the fork/knife.
6. Add 2 tbs cold water into your bowl and stir with your knife.
7. Gently bring the mixture together with your hands. You may need to add a tiny drop of cold water.
8. Roll out your pastry to around 3mm thick and cut out 6 disks of pastry.
9. Oil your tin and then place the pastry in the case.
10. Fill the pies with jam and cut out a small pastry topper.
11. Bake in the oven for around 20 minutes, until golden.

Ingredients

175g Plain Flour
50g Butter
70g Brown sugar
½ Egg
2 tbs Oil (for oiling tin)
1 tsp Ground Ginger
½ tsp Bicarb of Soda
2 tbs Golden Syrup

Equipment

Mixing Bowl
Baking tray
Small Bowl
Teaspoon
Tablespoon
Fork
Table Knife
Rolling Pin
Cutters
Pastry Brush



Gingerbread Cookies

Method

1. Preheat the oven to 190°C/Gas mark 5.
2. Weigh out the flour and put in into your mixing bowl and then add the ginger and the bicarb of soda.
3. Weigh the butter and cut it into small cubes.
4. Rub the butter into the flour mixture until they resemble fine breadcrumbs/sand.
5. Add the sugar and mix through with the fork.
6. Crack the egg into a small bowl and gently mix with a fork to break the egg up.
7. Use a tablespoon and spoon half of this mixture into your bowl then add the golden syrup.
8. Gently bring the mixture together with your hands.
9. Roll out you dough to around 5mm thick and cut out your cookies.
10. Oil you tray and then place the cookies on the tray.
11. Place your biscuits in the fridge to chill for 15 minutes.
12. Glaze the cookies and then bake in the oven for around 10-15 minutes.
13. Decorate 6 biscuits.

Ingredients

1 tbs oil
½ onion
1 spring onion
1 tps garlic powder
mushrooms
100g risotto rice
450ml stock
herbs

Equipment

Plastic Spoon
Jug
Sharp knife
Saucepan
Chopping board
Measuring spoons
Baking tray – chilled in the fridge/freezer

Mushroom Risotto

Method

1. Prepare the onions and mushrooms with a sharp knife and chopping board.
2. Prepare your herbs but cutting finely.
3. Prepare the stock in a measuring jug.
4. Put the oil into the saucepan and fry the onions and garlic for 3 minutes.
5. Add the mushrooms and fry for another 5 minutes until the mushrooms are soft.
6. Add the rice and stir and cover with oil
7. Carefully add a small amount of stock and keep stirring until the stock disappears.
8. Add another small amount of stock and repeat.
9. After around 20 minutes the risotto check to see if the risotto is cooked.
10. Once the risotto is al dente, remove from the heat and spread out on a baking tray to cool quickly.
11. Place you risotto in your container.
12. Wash up, dry up and tidy your tables.
13. Leave your equipment out ready for the next group.

Ingredients

50g Pasta
1 spring onion
3 cherry tomatoes
Cucumber
Cheese
4 slices of ham
¼ pepper
½ carrot
2 tbs Mayonnaise

Equipment

Pan
Plastic spoon
Sharp knife
Chopping board
Peeler
Grater
Mixing bowl
Colander
Measuring spoon



Pasta Salad

Method

1. Half fill a pan with water – boil the water and then add the pasta. Cook for 8 minutes, stirring every few minutes
2. Top, tail and peel the carrot. Grate the carrot and place in your mixing bowl.
3. Peel and slice the spring onion. De-seed the pepper and cut into small pieces. Place the onion and pepper into the mixing bowl.
4. Quarter the tomatoes and dice the cucumber into small pieces. Add these to the mixing bowl.
5. Grate the cheese and add to the mixing bowl.
6. Cut the ham into small pieces and add to the mixing bowl.
7. Once the pasta is cooked, pour into a colander. Cool with some cold water. Shake the water from the pasta and then add to the mixing bowl.
8. Add two tablespoons of mayonnaise and stir with a metal spoon.
9. Wash up, dry up and tidy your tables.

Ingredients

90g Butter
180g Sugar
50g Chocolate
2 Eggs
45g Plain Flour
25g Cocoa

Equipment

Pan
Plastic spoon
Scales
Plastic Bowls
Scissors
Baking paper



Chocolate Brownies

Method

1. Heat the oven to 190C or Gas 5
2. Place your baking paper into your metal tin
3. Gently melt the butter and sugar in a saucepan. Once melted, take off the heat and add the chocolate. Stir until melted.
4. Beat in the eggs, then stir in the flour and cocoa.
5. Pour the mixture into the tin and bake for 25-30 minutes. The top of the brownie is just firm but there is a wobble in the middle.
6. Take out of the oven and leave to cool in the tin.
7. Wash up your equipment and tidy your table.
8. Place your equipment on your table for inspection.

Ingredients

250gr plain flour
½ tsp salt
90-120ml cold water
Oil for cooking

½ tin of chickpeas
1 tbs tahini
1 tsp garlic powder
¼ lemon/lime juice
2 tbs oil
1tbs water
Salt, pepper herbs to taste

Equipment

jug
mixing bowl
fork
Rolling pin
Frying pan
Fish slice
Food blender

Matzah Bread and Hummus

Method

Bread

1. Weigh out the flour and place into a large bowl. Add the salt to the flour and mix together with your fingers.
2. Stir in the water until the dough comes together. Leave a quarter of the water in the jug, you may need to add a little a drop at a time until you get a soft dough.
3. Knead for 5 minutes.
4. Divide the dough into 4 small pieces and roll out with a floured rolling pin
5. Heat the frying pan and add a tiny amount of oil with a pastry brush. Cook the bread for two minutes on each side, turning with a fish slice.

Hummus

1. To make the hummus, add all of the ingredients into the blender and combine. You may need to add a drop to water to make a hummus consistency.

Ingredients

2 slices of bread
Butter for spreading bread
1 tsp mustard
50g grated cheese
2 slices of ham
100ml whole milk
Pinch garlic granules
20g butter
10g flour
1 tsp mustard
Pinch of nutmeg

Equipment

Baking tray
saucepan
scales
Measuring jug
teaspoon
Plastic spoon
Table Knife



Croque Monsieur

Method **Sauce**

1. Melt the butter and flour in a saucepan, leave to cook gently for one minute.
2. Gradually add the milk and bring to a gentle boil, stirring regularly.
3. Add the mustard, garlic, nutmeg and a 1/2 of the grated cheese. Cook for 30 seconds until the cheese has melted.

Toast

1. Butter both slices of toast and then place them on a baking tray under a hot grill buttered side up, until golden brown.
2. Switch off the grill and then heat the oven to 220/gas 7.
3. Turn the bread over onto the unbuttered/toasted side and spread with a thin layer of mustard.
4. Then add a half of the left over sauce to the bread and the put the slices of ham on top.
5. Put the toast on top, toasted side up. Put the remaining cheese sauce on top and then sprinkle the remaining cheese on top of the sauce.
6. Bake for 10/15 minutes or until golden.
7. Wash up and tidy your tables.

Ingredients

225g Self-Raising Flour
Pinch of salt
1 tsp Baking Powder
75g grated cheese
55g Butter
100ml milk

Equipment

Baking tray
Mixing Bowl
scales
Measuring jug
teaspoon
Grater
Table Knife
Rolling pin



Cheese Scones

Method

1. Heat the oven to 200C/Gas6
2. Put the flour, baking powder and salt into the mixing bowl.
3. Cut the butter into small cubes and place into the bowl.
4. Rub the flour and butter together until they look like fine breadcrumbs.
5. Add the grated cheese into your bowl of mixture.
6. Make a well in the centre of your bowl and then add $\frac{3}{4}$ of the milk.
7. Stir with the knife to make a soft dough, you may need to add a little more milk but should not use it all.
8. Lightly flour and roll out the dough to about 2cm thick.
9. Cut out with a cutter, place on a greased baking tray and then glaze with the left over milk
10. Bake for 15-20 minutes or until golden.
11. Wash up and tidy your tables.

Ingredients

350g Self-Raising Flour
Pinch of salt
1 tsp Baking Powder
85g Butter
150ml milk
3 tbs Sugar

Equipment

Baking tray
Mixing Bowl
scales
Measuring jug
teaspoon
Grater
Table Knife
Rolling pin



Plain Scones

Method

1. Heat the oven to 200C/Gas6
2. Put the flour, baking powder and salt into the mixing bowl.
3. Cut the butter into small cubes and place into the bowl.
4. Rub the flour and butter together until they look like fine breadcrumbs.
5. Add the sugar into your bowl of mixture.
6. Make a well in the centre of your bowl and then add $\frac{3}{4}$ of the milk.
7. Stir with the knife to make a soft dough, you may need to add a little more milk but should not use it all.
8. Lightly flour and roll out the dough to about 3cm thick.
9. Cut out with a cutter, place on a greased baking tray and then glaze with the left over milk
10. Bake for 10-15 minutes or until golden.
11. Wash up and tidy your tables.