

Breakfast and Brunch

BAID TAMAT

Ingredients

2 tbsp vegetable oil
4 medium eggs
2 tomatoes chopped
½ tsp cumin powder
Salt and pepper to taste
Fresh parsley

Method

1. Heat the oil on a high heat
2. Cook the tomatoes until the juice has dried up.
3. Add the rest of the ingredients and whisk well.
4. Serve with added parsley.

Fresh Parsley



Toast & Chai to accompany, what a treat!



Mrs Latif

AMERICAN BLUEBERRY PANCAKES

Ingredients

1 tbsp oil
200g self-raising flour
1 tsp baking powder
1 egg
300ml milk
Small square of butter
75g blueberries

Method

1. Melt the butter on a low heat.
2. Mix together the flour, baking powder and a pinch of salt in a large bowl.
3. In a separate bowl beat the egg with the milk.
4. Make a well in the centre of the dry ingredients and whisk in the milk mixture to make a smooth batter. Beat in the melted butter and gently stir in half the blueberries.
5. Heat a teaspoon of oil in a non-stick frying pan. Drop a large tablespoon of the batter into the pan. This makes pancakes about 7.5cm across.
6. Cook for about 3 minutes over a medium heat until small bubbles appear on the surface of the pancake, then turn and cook for another 2-3 minutes until golden.
7. Cover with tin foil until all of the pancakes are made.

Note:

This recipe makes 10 pancakes.

Top Tips:

Try adding different fruits or chocolate chips.
Serve with crispy bacon or golden or maple syrup.

Blueberries



Butter



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VERY BERRY BREAKFAST MUFFINS

Ingredients

200g plain flour
200g rolled porridge oats
75g soft light brown sugar
3 tsp baking powder
Pinch of salt
2 large eggs
2 ripe bananas, mashed
3 tbsp sunflower oil
250ml whole milk
50g blueberries
75g raspberries, halved

Makes 12

Method

1. Preheat the oven to 200°C fan/gas mark 7.
2. Line a 12-hole muffin tin with muffin cases.
3. Combine the flour, oats, sugar, baking powder and salt in a bowl.
4. Mix the eggs with the mashed bananas in a separate bowl then add the wet mixture to the dry ingredients.
5. Add the sunflower oil and milk, and give it all a good mix, then add the berries and mix again.
6. Half-fill each muffin case with the mixture then place the tin in the oven and bake for 25 minutes, or until the muffins are well-risen and golden on top.
7. Remove from the oven and leave to cool for 5 minutes, then enjoy them warm!

Bananas & Berries



Porridge Oats



Summer Allen

Breads

A VARIATION OF IRISH SODA BREAD

Ingredients

140g bread flour
350g wholemeal flour
1 ¼ tsp salt
1 ¼ tsp bicarbonate of soda
2 tsp caster sugar (optional)
60g butter
450ml buttermilk
4 tbsp vegetable oil

Method

1. Preheat oven to 200°C/180°C fan/Gas 6.
2. Lightly flour a baking tray or 23x12cm loaf tin.
3. Sift together the bread flour, wholemeal flour, salt, bicarb of soda and 2 tsp sugar in a bowl.
4. Rub the butter into the flour mixture.
5. Make a well in the centre of the mixture and pour in the oil and buttermilk. Stir with a spatula until the dry mixture is completely moistened.
6. Move the dough to a lightly-floured surface. Lightly knead the dough for no more than 1 minute.
7. Shape and place the dough on a baking tray (or into the prepared tin). Cut a cross into the top of the loaf with your finger. Brush the top with milk or buttermilk.
8. Bake in the preheated oven for 30 minutes. Reduce heat to 180°C, rotate the tin and bake for another 30 minutes.
9. Allow the loaf to cool on a wire rack before slicing.

Porridge Oats



Sophie Boyle

HERB & ONION BREAD TWISTS

Ingredients

200g strong plain flour
1 tbsp oil
1 sachet dried yeast
Pinch salt
150ml warm water
1 tsp mixed herbs
½ onion
Beaten egg or milk for glazing



Top Tips:

Add other ingredients to the bread mixture e.g. tomato puree, olives, chopped ham or cheese to alter flavour, colour and texture.

Make the dough into different shapes or one loaf.

Add ingredients into centre of bread dough to have bread with a filling.
Use wholemeal flour instead of white (you will need to add more liquid) to increase fibre content.

Method

1. Preheat oven to Gas 7 / 220°C.
2. Chop onion finely.
3. Place salt, flour and yeast in a mixing bowl. Stir in chopped onion and herbs.
4. Make a well in the centre and add the oil. Add warm water a little at a time with a palette knife until the mixture sticks together. The dough should be moist but not wet.
5. Turn onto a lightly floured surface and knead for 6-8 mins until smooth.
6. Divide the mixture into 8 equal pieces and roll each into a long thin strip. Twist the strips into spirals and put on a lightly greased baking tray (not too close together).
7. Cover loosely with Clingfilm and put in a warm place to prove until dough has doubled in size.
8. Remove Clingfilm and brush twists with beaten egg or milk.
9. Bake in top of oven for 12-15 mins until golden brown in colour. Remove and place on baking tray to cool.

Fresh Onion



Sprinkling of Herbs



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FOCACCIA BREAD

Ingredients

For the dough:

500g strong white bread flour
½ tsp salt
1 x 7g sachet of easy blend dried yeast
1-2 tablespoons rosemary sprigs, finely chopped
6 tablespoons extra virgin olive oil
300ml lukewarm water

For the topping:

1 medium red pepper
1 medium orange pepper
1 medium green pepper
4 tablespoons extra virgin olive oil
1 clove of garlic, crushed
8 sundried tomato halves, from a jar, drained of oil
Sea salt flakes and freshly ground black pepper
A few sprigs of fresh rosemary



A large baking tray, oiled

Mrs Thomas

Method

1. In a large mixing bowl or the bowl of a large food mixer, combine the flour with the salt and 1 ½ teaspoons of dried yeast from the sachet.
2. Stir in the chopped rosemary, then add the oil.
3. Using your hand or the dough hook attachment of the mixer on the lowest possible speed, work in enough of the lukewarm water to make a soft and just slightly sticky dough.
4. Turn out the dough onto a lightly floured surface and knead until very smooth and pliable - about 10 minutes by hand or 5 minutes with the mixer.
5. Return the dough to the lightly oiled bowl, turn it over so it is coated in oil, then cover the bowl with clingfilm or a snap-on lid and leave to rise until double in size - about 1 hour at room temperature.
6. Meanwhile, halve and deseed the peppers, then cut into 2cm chunks.
7. Put the peppers into a mixing bowl with 2 tablespoons of the olive oil and toss until thoroughly coated.
8. Heat a heavy grill or griddle pan and chargrill the peppers over a high heat until speckled with dark brown patches. Don't allow the peppers to blacken as they will be cooked again in the oven.

9. Tip the peppers back into the mixing bowl, add the crushed garlic and a little salt and pepper, and mix thoroughly.
10. Roughly chop the sundried tomatoes.
11. Punch down the risen dough to deflate.
12. Set the dough in the centre of the oiled baking tray and press and shape with your hands to make a rough square with sides about 26cm.
13. Press your fingers into the dough to make dimples, then poke fresh rosemary sprigs into them.
14. Scatter the chopped tomatoes over the dough and top with the pepper mixture.



15. Leave to rise for 20 minutes.
16. Meanwhile heat the oven to 220°C / gas 7.
17. Drizzle the rest of the olive oil over the top of the bread and season with salt and pepper.
18. Bake in the heated oven for 10 minutes, then reduce the oven temperature to 190°C / gas 5 and bake for a further 15 minutes, until the edges and base are a good golden brown - if necessary, slip the bread off the tray and bake straight on the oven shelf for a few extra minutes.
19. Cool for a few minutes on a wire rack, and eat warm.



IRISH SODA BREAD

Ingredients

250g plain wholemeal flour
250g plain white flour
½ tsp salt
½ tsp bicarbonate of soda
290ml buttermilk

Method

1. Preheat the oven to 200°C/180°C fan/Gas 6.
2. Tip the flours, salt and bicarbonate of soda into a large bowl and stir.
3. Make a well in the centre and pour in the buttermilk, mixing quickly with a fork to form a soft dough. You may need to add a little milk if the dough seems too stiff but be careful not to make it too wet!
4. Turn onto a lightly floured surface and knead briefly.
5. Form into a round and flatten the dough slightly before placing on a lightly floured baking sheet.
6. Cut a cross on the top and bake for about 30 minutes or until the loaf sounds hollow when tapped.
7. Cool on a wire rack.

Butter Milk



Mrs Allam

BARA BRITH (FRUIT LOAF)

Ingredients

250g mixed dried fruit
285ml hot tea (no milk)
75g soft brown sugar
Grated rind of 1 lemon
300g self-raising wholemeal flour
1 tsp mixed spice
1 large egg

Method

1. Soak the mixed fruit in the hot tea, cover and leave to stand overnight.
2. Next day, set oven to 180°C / gas mark 4 and grease and line a 2lb loaf tin.
3. Strain the fruit and reserve the liquid.
4. Mix together the fruit with the other ingredients in a bowl, adding the reserved liquid a little at a time until a soft, dropping consistency is achieved.
5. Pour the mixture into the tin and bake for 45-55 minutes until risen and firm to the touch.
6. Cool and serve sliced and buttered.

Hot Tea



Mixed Spice



Mrs Hendrie

Light bites

GOATS CHEESE & CARAMELISED ONION TART



Ingredients

450g puff pastry
2 tbsp olive oil
1 large red onion, thinly sliced
3 tbsp balsamic vinegar
1 tsp soft brown sugar
150g goat's cheese, diced
Salt and black pepper

Method

1. Preheat the oven to 200°C fan/gas mark 7.
2. Line a baking tray with greaseproof paper.
3. Roll out the pastry to a rectangle measuring approximately 25x30cm, then transfer the pastry to the lined baking tray.
4. Prick the pastry all over with a fork.
5. Heat the oil in a frying pan, then add the onion, vinegar, sugar and a sprinkling of salt and pepper. Cook over a medium heat, stirring frequently, for 10 minutes, until the onions have softened and browned slightly.
6. Spread the caramelised onion evenly over the pastry.
7. Scatter the diced goat's cheese over the onion, then bake the tart in the oven for about 30 minutes, until the edges of the pastry are golden brown.
8. Remove from the oven and serve warm, or leave to cool.

Red Onion



Summer Allen

MINI QUICHE

Ingredients

Pastry:
200g plain flour
100g hard margarine/
butter
2-3 tbsp water

Filling:
75ml milk
75ml single cream
1 egg
35g grated cheese
½ chopped cooked onion.

Optional Fillings:

50g chopped cooked bacon
50g finely chopped mushrooms
2 slices finely chopped ham
2 tbsp sweetcorn
¼ diced cooked red or green pepper

Method

1. Light the oven to 200°C / gas mark 6.
2. Sieve the flour into a mixing bowl.
3. Cut the margarine and lard into pieces and add.
4. Rub the fat in with fingertips until mixture resembles breadcrumbs.
5. Add the cold water SLOWLY. Mix with a pallet knife to form a dough. Wrap in clingfilm and chill whilst making the filling.
6. Beat the eggs and blend with the cream and milk.
7. Lightly grease a 12 hole bun tin.
8. Roll out the pastry on a lightly floured work surface. Ensure it is an even thickness, approximately 2-3mm thick. Use a pastry cutter to cut into 12 circles. Press each into the bun tin.
9. Add small amounts of cheese and onion into the pastry cases. If you are using additional fillings add at this stage. Do not overfill.
10. Pour the egg, milk and cream mixture carefully into the pastry cases.
11. Place in the oven and bake for 20 minutes until the mixture has set.
12. Remove quiches from the tin and leave to cool.
13. Serve with a side salad or eat on their own.



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TUSCAN CHICKPEA SOUP

This creamy and hearty chickpea soup is incredibly delicious and warming. Made with chickpeas, fresh rosemary and garlic it's packed with flavour and better yet ready in only 20 minutes! When it comes to staying cosy you can't beat a big bowl of soup!

Ingredients

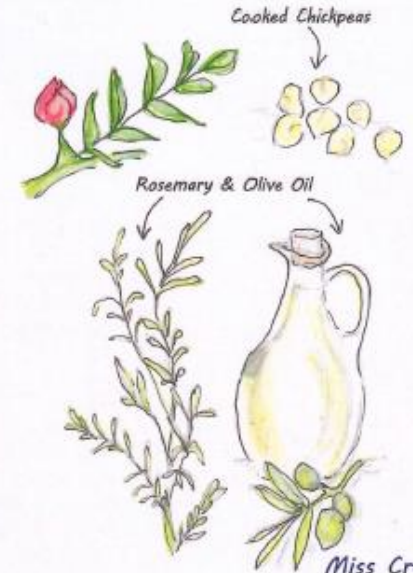
1 tbsp Olive oil
6 cups (3 litres) chicken stock (try to go for low salt)
3-5 lbs (4 cans cooked chickpeas, canned
½ lemon juice
2 sprigs rosemary
6 cloves garlic, chopped
Salt and pepper

Method

1. Finely chop the garlic and add to a large pot with the rosemary and 1 tbsp of olive oil. Fry the garlic until it starts to take on colour but not browned.
2. Add the chickpeas, stock with a pinch of salt and pepper and bring to a boil. Turn down to a simmer and simmer gently for 15 minutes.
3. Remove the sprigs of rosemary and set aside. Using a hand-held blender blitz the soup to a smooth consistency then add the lemon juice. Adjust the thickness by adding extra water or stock to your liking.
4. Add extra seasoning if required, serve with crusty bread and a drizzle of olive oil.

Top Tips:

The soup will thicken quite quickly as it cools so you may need to add more water or stock to loosen it if you make it in advance or want to reheat leftovers. This soup can be frozen in suitable containers. Thaw and reheat as needed.



Miss Cresti

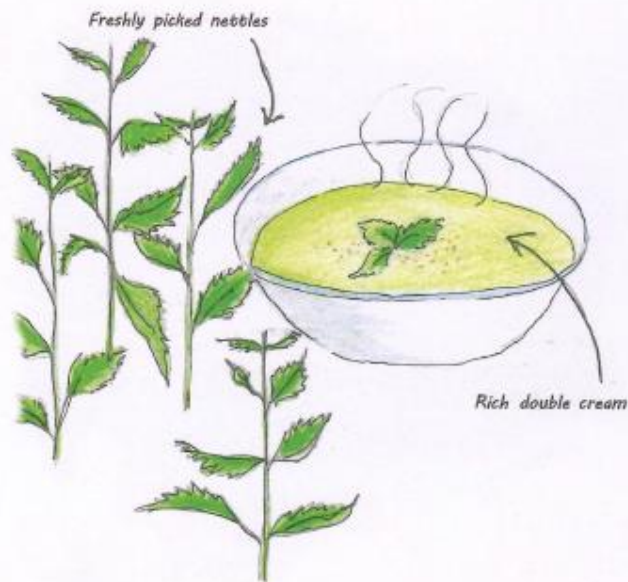
NÄSSELSOPPA (NETTLE SOUP)

Ingredients

1 onion
1 carrot
1 leek
1 floury potato
1 litre vegetable stock
400g nettles
50g butter
50ml double cream
1 tbsp olive oil

Method

1. Thoroughly wash the freshly picked nettles.
2. Dice the carrot, onion and potato into small cubes.
3. Heat the oil gently and simmer the carrot, onion and potato until they soften (don't fry just simmer on a low heat).
4. Add stock and simmer for 15 minutes.
5. Add nettles and simmer for 1 minute until soft.
6. Blend in a processor until smooth and thick.
7. Place back in a saucepan and heat gently. Stir in the cream and butter.
8. Once the butter and cream have been completely absorbed, serve.



Miss Wainwright

NOVA SCOTIA SEAFOOD CHOWDER

Ingredients

6 strips bacon
4 cups (1 litre) water
1 tsp salt, divided
3 medium potatoes (400g), washed, chopped into 1/2-inch (1.5-cm) pieces
2 large carrots (250g), washed, peeled, sliced into coins
3 cups (750ml) 35% heavy cream
1 cup cooked lobster meat (150g), chopped
1 cup shrimp (150g), deveined, tails removed
1 cup haddock (200g), sliced into bite-sized pieces
1 cup scallops (200g), fresh or thawed
1 to 2 tbsp finely chopped fresh dill
1 to 2 tbsp chopped fresh chives
1/4 tsp ground pepper

Method

1. If using frozen scallops, thaw before cooking. Sandwich fresh or thawed scallops gently between sheets of paper towel to dry the tops and bottoms. The more dry the scallops are the better they will sear!
2. Cook the bacon strips in a frying pan until crisp. Place on sheets of paper towel to blot any grease and set aside.
3. Keep the pan of bacon grease hot over medium-high heat. Place the thawed and dried scallops in the pan, and cook until golden, about 2 to 3 minutes per side (cooking time depends on the size of your scallops). Set scallops aside.
4. Combine water, 1/2 teaspoon of salt, potatoes, and carrots in a large pot. Bring to a boil, reduce heat, and simmer until the vegetables are tender, about 12-15 minutes.
5. Pour the heavy cream into the pot and bring the chowder back up to a simmer for 10 minutes.
6. Chop the dill and the chives. Crumble the cooked bacon into small pieces with your hands.
7. Add the cooked bacon and all of the seafood except for the scallops to the pot. Continue to simmer for 5 minutes.
8. Season the chowder with remaining 1/2 teaspoon of salt and pepper. Stir gently and taste. Adjust seasoning if needed.
9. Add the chopped dill and chives to the pot and stir. Taste again and adjust seasoning if needed.
10. Ladle the chowder into bowls, making sure each serving gets a fair share of seafood! Top each serving with pan-seared scallops, and a sprinkle of fresh dill. Serve hot with warm rolls or biscuits.

Ms Hardwick



Main meals

STICKY GLAZE FOR PORK OR CHICKEN

Ingredients

Sesame seeds
2 tbsp oil
Salt & pepper, to taste
½ tsp chopped ginger
1 finely chopped red chilli
2 tbsp honey
2 tbsp brown sugar
3 tbsp dark soy sauce

Method

1. Put all of the ingredients into a pan and boil until it is thick (sticks to the back of a spoon)
2. Serve with noodles and chicken or pork.



Honey & Toasted Sesame Seeds



Hannah Pickard

BEEF BURGERS

Ingredients

250g lean minced beef
25g fresh white breadcrumbs
2 tbsp milk
¼ onion
½ tsp Worcester sauce
Salt & pepper

Top Tips:

Other flavours can be added. For example, chopped chillies or herbs. You could stuff the meat mixture with cheese for a cheese burger with a difference.

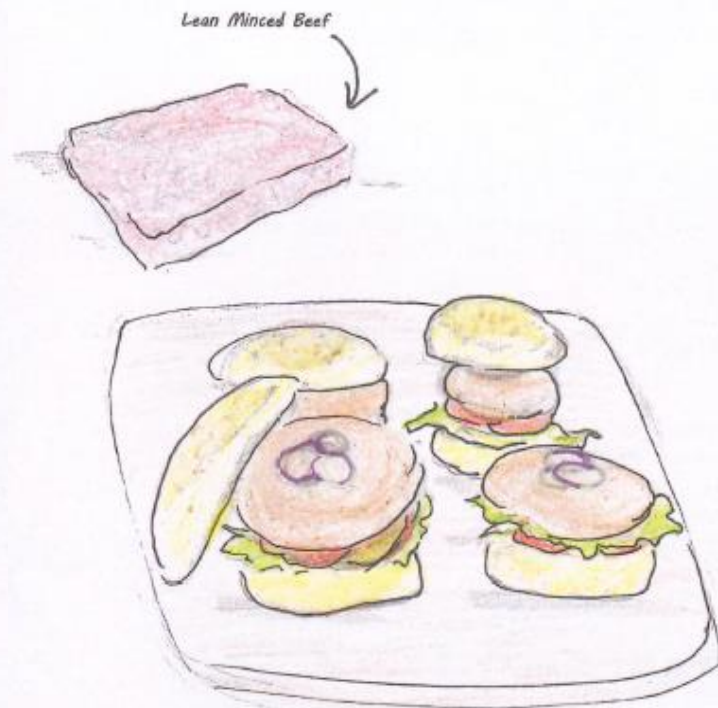
Different meats can be used. For example, lamb or chicken.

Serve in a toasted burger bun or ciabatta roll layered with a cheese slice, tomatoes, onions etc. Serve with a side salad and/or potato wedges and coleslaw.

This mixture can also be used to make meatballs. Shape into 8 meatballs and cook in a tomato sauce.

Method

1. Chop the onion finely by hand or in a food processor.
2. Combine all of the ingredients in a food processor. NOTE: If you do not have a food processor you can mix the ingredients thoroughly using your hands (don't forget to wash your hands after!).
3. Divide the mixture into 4 (if you want to make ¼ pound burgers). Shape into rounds. They should be very flat. This can be done by hand or with a burger shaper.
4. Heat the grill to medium and carefully place the burgers onto the grill rack. Cook for 8-10 minutes, depending on size, turning once.
5. Serve and enjoy!



Lean Minced Beef



Worcester sauce



Miss Kowalik

CHICKEN KATSU CURRY

Ingredients

For the chicken
2 boneless chicken breasts
25g plain flour
1 large egg
100g panko breadcrumbs
(or white breadcrumbs or
crushed cornflakes).

For the sauce

2 tablespoons olive oil
1 medium onion
2 garlic cloves
2.5cm piece of ginger
1 tbsp medium curry
powder
1 star anise
¼ tsp ground turmeric
Black pepper
1-2 tbsp plain flour
Chicken stock cube

Top Tips:

Switch the chicken to
aubergine for a vegetarian
option.

Method

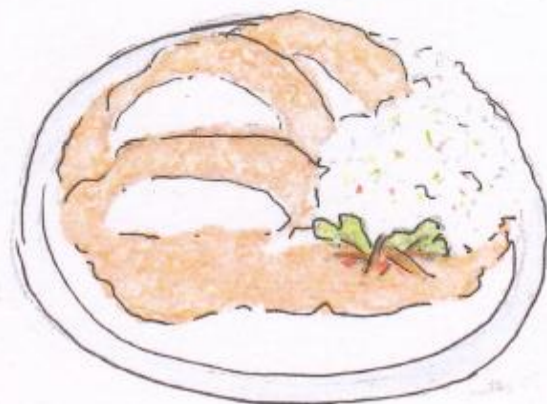
For the chicken

1. Heat the oven to 200°C/gas 6.
2. Bash the chicken breasts between two sheets of clingfilm with a rolling pin to flatten them to an even thickness.
3. Put the 25g flour, beaten egg and breadcrumbs into separate shallow bowls.
4. Dip each chicken breast into flour (tap off excess), then the egg and finally the breadcrumbs. Ensure they are fully coated.
5. Space the chicken out on a non-stick baking tray and cook for 15-20 minutes or until cooked through.
6. Whilst waiting for the chicken to cook, make the sauce.

For the sauce

1. Chop the onion.
2. Peel and crush the garlic.
3. Peel and finely chop the ginger.
4. Make 400ml of chicken stock.
5. Heat the oil in a saucepan and add the onion, garlic and ginger. Fry gently for 5 minutes or until softened and lightly browned, stirring occasionally. Do not let the garlic burn!
6. Stir in the curry powder, star anise, turmeric and some black pepper. Cook for a few seconds more, whilst stirring.
7. Sprinkle over the flour and stir well.
8. Gradually add the chicken stock, stirring constantly.
9. Bring the sauce to a simmer and cook for 10 minutes, stirring occasionally. The sauce should thicken.
10. Remove the sauce from the heat and blitz with a stick blender until very smooth.
11. Slice the chicken breasts and serve with the sauce, rice and salad (see Top Tips).

Star Anise and Turmeric



Olive Oil & Garlic



MEDIEVAL VIKING SKAUSE

Slow cooker recipe

Ingredients

2 onions
4 cloves of garlic
2 large potatoes
200g smoked sausage
200g bacon
½ cabbage
340ml beer
500g water

Method

1. Prepare your ingredients (large chunks work best); Roughly dice the onions, crush the garlic, chop the potatoes into chunks, chop the sausage into chunks, chop the bacon into chunks, roughly chop the cabbage.
2. Put all of the ingredients into your slow cooker, mix well and cook at a low temperature for about 4-5 hours. Monitor every now and again adding water if needed. You can also add an oxo cube or two for a beefy taste.
3. Season with salt and pepper if needed.

The fabulous thing about this recipe is that you can keep it cooking on a low heat for a few days. Just keep topping it up with more water, any vegetables you have to hand and any meat! Delicious!



Roughly chopped!



Good Ole beer



Miss Wainwright

MUSHROOM RISOTTO

Ingredients

1 onion
150g mushrooms
2 cloves of garlic
1 x 15ml spoon of olive oil
250g risotto rice
1 vegetable stock cube
1 - 1.5 litres of water
1 x 15ml spoon parmesan, grated
1 x 5ml spoon dried herbs

Method

1. Prepare the vegetables:
Peel and chop the onion, slice the mushrooms, peel and crush the garlic.
2. Heat the oil on a low flame. Make sure that it does not get too hot!
3. Fry the onion and the garlic in the oil until softened.
4. Add the mushrooms and fry for another 2 minutes.
5. Stir in the risotto rice.
6. Mix the stock powder with a little hot water to dissolve it and then top up with cold water.
7. Add the stock to the rice a little at a time. Wait for the stock to be absorbed before adding more. Stir constantly.
8. Continue to add the stock until the rice cooks. This will take 20 - 25 minutes. The rice should be soft but maintain a nutty bite.
9. Stir in the parmesan and herbs.

Mushroom Selection



Top Tips:

Try using different ingredients, such as chicken, prawns or Mediterranean vegetables. Use different herbs and spices. For example, basil, parsley or chilli.

MEXICAN FAJITAS

Ingredients

2 tablespoons oil
e.g. olive, sunflower
1 onion
1-2 cloves garlic
½-1 green pepper
½-1 red pepper
2 teaspoons paprika
¼-½ teaspoon dried oregano
⅛-¼ teaspoon cumin (optional)
⅛-¼ teaspoon chilli powder/1 red chilli, finely chopped (optional)
2 skinless chicken breasts
1 pack flour tortillas (usually 6 - 8 in a pack)

Optional extras

1 bunch spring onions, chopped
1 'gem' lettuce (or equivalent amount), washed & shredded
2-3 tomatoes, skinned (optional) & chopped
150 g cheese, grated (Cheddar or Mexican)

Method

1. Prepare the following ingredients:
Peel and finely slice/dice the onion, peel and crush garlic, deseed and slice the pepper, cut the chicken into strips.
2. Heat the oil gently in a large saucepan or frying pan. Add the onion, peppers and garlic and fry on a medium to low heat until softened.
3. Add the paprika, oregano and any other spices used and cook for a further minute.
4. Add the chicken and cook for 5 minutes or until chicken is cooked through.
5. Get out tortillas and have all 'additional ingredients' ready.
6. Place a spoonful or two of the chicken mixture onto a tortilla; add spring onions/tomatoes/grated cheese (just use ¾)/lettuce (whichever you are using) and roll up and place in ovenproof dish. Continue until all filling mixture is used, dividing evenly between the 6 - 8 tortillas.
7. Serve and enjoy!
8. OPTIONAL: Leave the fajitas in the baking tray and sprinkle over any remaining cheese.
9. heated oven (Gas 5/ 190°C) for 20 - 30 minutes until piping hot. Serve with mixed green salad, sour cream/ crème fraiche, guacamole and tomato salsa.

Chicken Breast



Go heavy on the peppers!



Top Tips:

For a vegetarian alternative, the chicken can either be substituted with "Quorn" or be omitted and 1 x 400g can red kidney beans, 1 x 400g can chopped tomatoes and optional 400g can mixed or flageolet beans used instead.

Mrs Wood

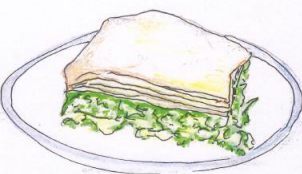
SPANAKOPITA (GREEK SPINACH PIE)

Ingredients

330g spinach
12 sheets of filo pastry
1 small onion
4 garlic cloves
3 tbsp olive oil
1 egg, beaten
500g feta cheese, crumbled
3 tbsp of butter, melted
Salt and pepper, to taste

Method

1. Prepare the ingredients:
Chop the spinach, finely chop the onion and garlic cloves
2. Heat the oil in a frying pan over a medium heat.
3. Add chopped onions and fry gently until they become soft (about 7 mins).
4. Add the garlic and fry for a further minute.
5. Increase the heat to medium-high and add the chopped spinach. Cook until it has completely wilted, stirring occasionally. Squeeze out all the excess liquid from the spinach in a sieve using the back of a spoon.
6. Mix the drained spinach mixture with the crumbled feta cheese and the beaten egg in a large bowl. Add salt and pepper to taste.
7. Preheat the oven to 180°C and grease a 8x11 inch baking dish.
8. Unwrap the filo pastry and lay flat covering with a wet tea towel to stop it drying out.
9. Gently place a sheet of filo pastry in the baking dish and brush with some melted butter (you may need to cut the filo sheet to size or fold over). Repeat until you have 6 layers, buttering each sheet lightly.
10. Spread the spinach and cheese mixture evenly over the filo layers.
11. Use the remaining filo sheets for the top layer, buttering each sheet lightly including the top.
12. Using a sharp knife, cut the dish into portions going all the way to the bottom.
13. Place the dish into the oven on the middle shelf and bake for 30-40 minutes or until golden brown on top (keep an eye on them).
14. Serve warm or at room temperature and enjoy!



Ruby Stokoe

CURRIED BUTTERNUT SQUASH & CARROT PASTA SAUCE

Ingredients

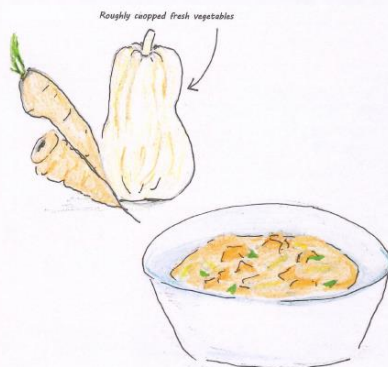
1 large butternut squash
4 large carrots
2 pints of chicken stock
1/2 pint of vegetable Stock
2 teaspoons garlic purée
2 teaspoons mild curry powder

Method

1. Preheat oven to 180°C.
2. Peel and cut butternut squash into inch sized cubes.
3. Peel and cut carrot into 1/2 inch slices.
4. Put the carrot and butternut squash onto a baking tray and drizzle with a little oil.
5. Mix the carrot and butternut squash so all pieces are covered slightly with oil.
6. Roast in the oven until the edges start to brown and the centre is soft (around 45 minutes).
7. Remove from the oven and place the carrot and butternut squash in a saucepan.
8. Add the chicken stock, vegetable stock, garlic purée and curry powder to the saucepan.
9. Simmer for 20 minutes.
10. Remove from heat and blend.
11. Pour over your favourite pasta and enjoy!



Top Tips:
Why not add meat or some extra vegetables for some extra texture?



Miss Johnson

GIGANTES PLAKI

This is a traditional Greek recipe.
It translates as "giant beans" and is a tasty, wholesome meal for a cold winter night.

Ingredients

1 onion
At least 2 cloves of garlic.
1 sometimes add a whole bulb!
A splash of olive oil
A generous pinch of cinnamon
A pinch of smoked paprika
A pinch of pepper
400g of chopped tomatoes
A generous bunch of fresh basil, chopped finely (especially the stalk)
Splash of lemon juice
400g butter beans
400g mixed beans (whatever kind you prefer)
2 cubes of vegetable stock

Method

1. Chop the onion and crush the garlic. Put in a large saucepan along with the olive oil, cinnamon, pepper and paprika.
2. Cook on a low heat until the onions have softened.
3. Then add the tin of chopped tomatoes and simmer for a couple of minutes.
4. Add the lemon juice and basil.
5. Keep simmering on a low heat.
6. Drain and add the cans of beans and the stock cubes.
7. Add some water (I use half a can) and gently simmer for at least 15 mins; the consistency should be like a thick stew. Don't let it burn! Add more water if necessary.
8. Yamas!



Top Tips:
Sprinkle some Feta cheese on top.



Ruby Stokoe

BBQ HONEY GLAZED CHICKEN OR PORK WITH RICE

Ingredients

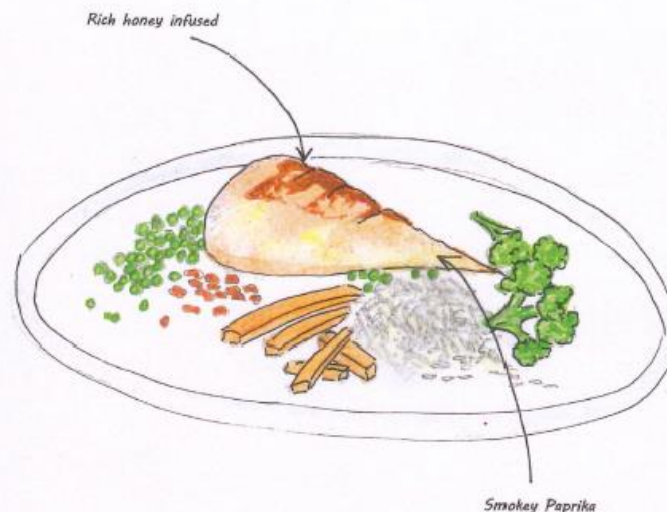
4 chicken breasts / boneless pork chops
100g long grain rice
30g garden peas
4 tbsp honey
2 tbsp golden syrup
3 tbsp BBQ sauce
2 tsp turmeric
1 tsp smoked paprika
½ tsp mixed herbs
½ tsp garlic granules
½ tsp cayenne pepper
A handful of sultanas
2 dsp warm water
Fry Light Spray
Salt and pepper to season

Method

1. Preheat oven 180°C or gas mark 4.
2. Prepare your oven-proof dish with 2-3 squirts of the Fry Light Spray and place your chosen meat into it, leaving a space between each piece.
3. Sprinkle the smoked paprika over the meat with the salt and pepper.
4. Place the dish into the pre heated oven for 10 minutes.
5. Meanwhile, fill a saucepan ¾ with water and bring to the boil. Add your rice.
6. In a small bowl, prepare your glaze. Mix together the honey, BBQ sauce and golden syrup with warm water.
7. Get your part cooked meat out of the oven and pour your glaze mixture over the meat and place back into the oven for a further 10 minutes.
8. Stir your rice and add the turmeric, herbs and spices.
9. After 5 minutes, add the peas and sultanas to your rice with a pinch of salt. Cook on a medium to high heat for a further 5 minutes.
10. Remove the meat from the oven and leave to rest for a few minutes.
11. Drain your rice and wash any starch with boiling water.
12. Place your rice on a serving plate.
13. Slice your meat and place on top of your rice. Pour any remaining glaze over the meat.

Top Tips:

Serve with seasonal vegetables on the side. This will give your plate more colour



MINCED CHICKEN & CAULIFLOWER RICE

An authentic Pakistani recipe that is very popular with children. It can be used in a sandwich or toasty with added cheese, as well as enjoyed with naan bread and yogurt. Originally, the chicken is cooked with cauliflower florets but, as children can be fussy, it has been adapted to cauliflower rice. The children cannot taste the cauliflower and get their veg portion added to their diet!

Ingredients

100ml oil (preferably Rapeseed oil)
1 tsp salt
1 tsp red chillies
½ tsp turmeric
1 tsp curry powder
½ tsp garam masala
½ tsp crushed coriander (optional)
Pinch of black pepper
Bunch of fresh coriander
2 tbsp lemon juice (optional)
Fresh green chillies (optional)
500g mince chicken breast
300g cauliflower rice (cauliflower can be shredded with a cheese grater)
1 medium onion
2 cubes garlic and ginger paste
1 tbsp tomato puree

Method

1. Peel and chop the onion.
2. Heat the oil in a wok. Add the onion and cook until golden brown. If the onion starts to stick to the pan, sprinkle with a splash of water.
3. Add the ginger and garlic paste and stir for one minute.
4. Add the chicken mince and stir until the colour changes. Add the green fresh chillies.
5. Add all of the dry spices and mix well. Add the tomato puree.
6. Leave on medium heat for 5 minutes.
7. Add the cauliflower rice and stir well. Leave on a medium heat for 20 minutes with the lid on. Stir in between to stop it from sticking. Add lemon juice to enhance taste.
8. Once cooked, sprinkle with fresh coriander and serve with pitta or naan bread.



FAYE'S MEDITERRANEAN FENNEL AND LEMON MEATBALLS WITH HOMEMADE BOROUGH KITCHEN PASSATA SAUCE

Ingredients

For the meatballs

500g Minced pork/beef
1x Lemon
2 x tsp Fennel seeds
½ tsp basil
¼ tsp mild chilli powder or
1x fresh chopped
Salt and pepper

For the sauce

1x large carrot
1x celery stick
1x onion
1x tsp tomato puree
1x tin of chopped tomatoes
50g butter
1 tsp sunflower oil
Fresh herbs of your choice

Top Tips:

These are delicious on their own or serve with some spaghetti or rice to accompany the dish.

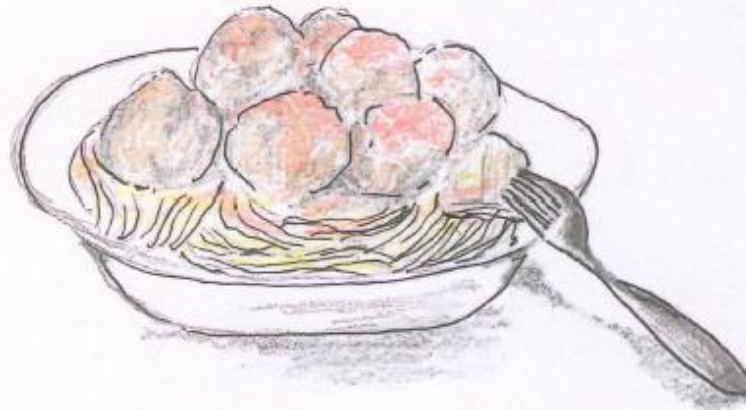
Method

For the sauce (do this first as it takes longer)

1. Finely cut the carrot, celery and onion,
2. Sweat the onion in a medium pan and add a pinch of salt, and any dried herbs you wish to use (thyme or rosemary are a good addition).
3. Then add the carrot and celery and cook for a further 2-3 minutes on a medium heat.
4. Now add the tomato puree and stir vigorously for 2-3 mins and now add the chopped tomatoes and butter (this will melt down).
5. Now turn the heat right down to a very low and place a lid in the pan and simmer for 45 minutes.
6. At the very end stir in the sugar and any fresh herbs.

For the meatballs

1. Preheat the oven to 180C.
2. Put the mince in a large bowl.
3. Squeeze in the lemon juice and add the grated zest.
4. Then add all other ingredients and mix well.
5. Shape into evenly sized balls and bake for 20 mins.
6. Stir the meatballs into the sauce.



Faye Latif

IRISH STEW

Ingredients

900g boneless lamb neck or shoulder
900ml (1½ pints) lamb or chicken stock
50g pearl barley, washed
225g potatoes
225g carrots
255g leeks
225g onions
100g smoked bacon
2 fresh thyme sprigs
Salt and pepper to season

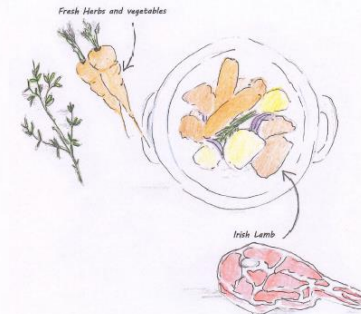
Method

1. Prepare the ingredients:

- Trim and cut the lamb into cubes, peel and chop the potatoes into chunks, wash and thickly slice the carrots, wash, trim and tickly slice the leeks, dice the onions and dice the bacon.
2. Place the lamb into a large heavy-based pan or flameproof casserole dish and pour over the stock. Bring to the boil, then skim off any scum from the surface and then stir in the barley.
3. Reduce the heat and simmer gently for 50 minutes until slightly reduced and the lamb is almost tender.
4. Add the potatoes to the lamb with the carrots, leeks, onions, smoked bacon and thyme and simmer for 30 minutes until the lamb and vegetables are completely tender but still holding their shape. Season to taste with the salt and pepper.
5. Put the stew straight onto the table and allow everyone to help themselves.

Top Tips:

Why not add meat or some extra vegetables for some extra texture?



Mrs Allam

LAMB & PISTACHIO TAGINE

This is a signature dish from North Africa and is typically cooked for hours.

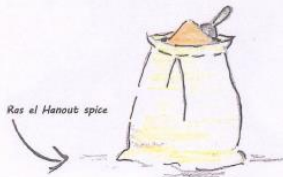
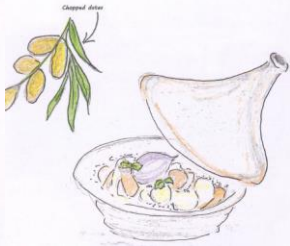
SERVES 2

Ingredients

250g lamb mince
1 beef stock cube
1 tbsp ras el hanout
120g couscous
1 courgette
30g sundried tomato paste
25g pistachios
30g chopped dates
5g parsley

Method

1. Fill the kettle and boil.
 2. Top, tail and chop the courgette, in half lengthways, then slice finely.
 3. Add a drizzle of olive oil to a wide-based pan, turn the heat to medium, after 1 minute increase the heat to high, add the lamb mince and cook for 1-2 minutes or until it goes brown (break up with a wooden spoon as you go).
 4. Add the ras el hanout and chopped courgette and cook for 2 minutes.
 5. Dissolve the beef stock cube in 400ml of boiled water.
 6. Add the couscous to a heat proof bowl with 200ml beef stock, cover and set aside.
 7. Add the sundried tomato paste and chopped dates to the pan, cook for 1 minute.
 8. Add the beef stock and cook for 2-3 minutes making sure the lamb is cooked through and the sauce has thickened to a stew like consistency.
 9. While the sauce thickens, chop the parsley leaves roughly and discard the stalks.
 10. Fluff the couscous with a fork.
 11. Serve the lamb tagine with the couscous to the side, top with pistachio and chopped parsley!
2. Tuck in and enjoy!



Mrs Wood

SAVOURY PASTA BAKE

Ingredients

175-200g pasta shapes

Cheese Sauce:

40g butter or block margarine
40g plain flour

568ml (1 pint) milk
Salt & pepper or herbs
½ teaspoon mustard (optional)
75-100g cheddar type cheese, grated

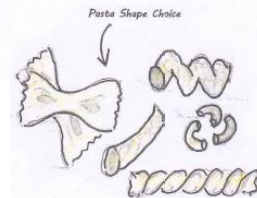
'Au Gratin Topping'

2-4 tablespoons breadcrumbs
50g cheddar type cheese, grated



Method

1. Pre heat the oven to gas mark 6, 200°C.
2. Bring large pan half filled with lightly salted water to boil; add the pasta and boil steadily until tender ('al dente'). (Approximately 10 mins but check on the packet).
3. Drain the pasta into a colander when cooked.
4. While pasta is cooking make your white sauce:
 - a. Melt the butter/margarine in saucepan on a low/medium heat;
 - b. Add the flour and cook the "roux" for one minute **STIRRING ALL THE TIME**;
 - c. Remove from the heat and **GRADUALLY** stir in the milk;
 - d. Return to a medium heat and bring sauce to the boil **STIRRING ALL THE TIME**;
 - e. Reduce heat to low and allow sauce to simmer for 1-2 minutes. (It does not need stirring now);
 - f. Remove from the heat. Add the 75/100g grated cheese, salt and pepper to taste (& mustard if using) and stir.
5. Stir the additional ingredients into the sauce, then stir in the pasta.
6. Transfer to an ovenproof dish.
7. Combine breadcrumbs and the 50g grated cheese and sprinkle evenly over the top.
8. Bake for approximately 20-25 minutes until piping hot throughout and the 'au gratin' topping is golden brown. Serve with a side salad and crusty bread.



Mrs Thomas

FISH CAKES

Ingredients

200g tinned fish (tuna, crab or salmon)
350g cold mashed potato
25g flour
2 eggs
75g dried breadcrumbs
Salt and pepper
50ml oil

Optional additions
Fresh or dried herbs
e.g. parsley
Anchovy essence
Mustard
Lemon juice

For Thai fish cakes add:
2 garlic cloves, crushed
1 tbsp root ginger, grated
1 tsp soy sauce
12g lemon grass
2 tsp lime juice

Method

1. In a mixing bowl, combine the potatoes, fish, 1 egg and any additional ingredients used (including all of the above ingredients for Thai fish cakes).
2. Divide the mixture into 4 and shape each into a 'fishcake'.
3. Place flour, egg (beaten) and breadcrumbs onto separate plates.
4. Coat each fishcake with flour, followed by egg and then breadcrumbs.
5. Heat oil in a frying pan. Shallow fry the fishcakes for 2-3 minutes on each side.
6. Drain excess oil using kitchen paper and serve.

Serving suggestions

Mixed salad
Green salad
A sauce - For example, lemon butter, tartare or hollandaise



Design & Technology Department

Cakes and bakes

CLASSIC MAPLE SYRUP PIE

Ingredients

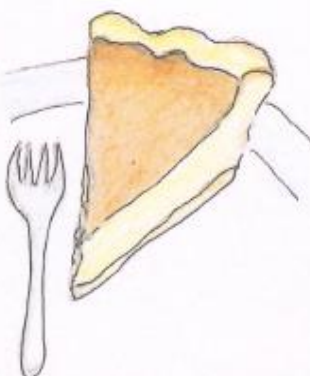
1 cup dark brown sugar
1 cup heavy whipping cream
1/2 cup real maple syrup
2 large eggs, lightly beaten
1/2 tsp vanilla
Pinch salt

Optional

Finishing salt (like Maldons),
for garnish
Whipped cream, for serving

Method

1. Preheat the oven to 180°C / gas mark 4.
 2. In a medium bowl, whisk together the brown sugar, whipping cream, syrup, eggs and vanilla. Add a pinch of salt and whisk in.
 3. Place unbaked 9-inch pie shell on to a baking sheet. Pour batter in to pie shell and bake for 45-55 minutes or until filling is set, except for the very centre. (Note: Mine is usually done in 45 minutes. When done, the outer 2-inches or so will be puffy and cracked. The middle will be set on top, but jiggle. Pie will firm up as it cools.) If using a bit of salt on top, sprinkle it on after pie has cooled for 15 minutes.
- Cool at room temperature for 15 minutes, then refrigerate until firm enough to slice (about 3 hours).



Maple Syrup



Maldon Salt Flakes



Mrs Hardwick

BABOVKA

Babovka is a traditional Czech cake that is very easy to make and tastes delicious.

Ingredients

2 eggs
1/2 cup Sunflower oil
1 cup milk
2 cups self-raising flour
1 tbsp cocoa powder
1 Cup Caster sugar

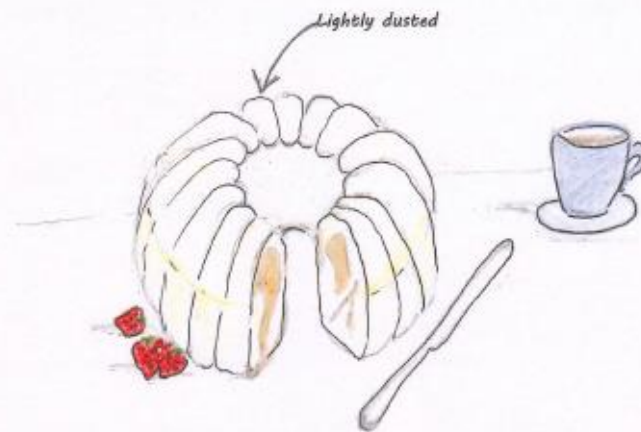


Top Tips:

Add raisins or finely
chopped walnuts.

Method

1. Preheat the oven to 180°C
2. In a large bowl, mix all ingredients together, apart from the cocoa powder, until you have a smooth, soft batter.
3. Separate approximately 1/3 of the mixture and mix in the cocoa powder.
4. Pour half of the white mixture into a tin, then add the second layer with cocoa and finish with the rest of the white mixture to create a marble effect.
5. Bake for about 30 - 40 mins until golden.



Serve with tea, delicious!

Mrs Wood

FAN T-A ISTIC CAKE

Gluten Free: Courgette & Lime Cake

Ingredients

For the cake

3 medium eggs
125ml vegetable oil
150g caster sugar
225g gluten free self-raising
flour
1/2 tsp bicarbonate of soda
1/2 tsp gluten free baking
powder
250g courgette
2 limes

For the icing

400g cream cheese
175g icing sugar
2 tbsp lime juice
1 tbsp lime zest

Method

For the cake:

1. Preheat the oven 180°C/160 fan.
2. Line 2 x 7" cake tins.
3. Finely grate the courgette.
4. Zest and squeeze the lime.
5. Beat the eggs, oil and sugar until creamy.
6. Sift in the flour, bicarbonate of soda and baking powder and beat well.
7. Stir in the grated courgette.
8. Divide equally between the cake tins and bake 20-25 minutes.
9. Leave to cool.
10. Prick with a cocktail stick and sprinkle with 2 tbsp lime juice.

For the icing:

1. Mix all of the ingredients to make butter icing.
2. Spread over the bottom layer of the sponge and arrange the other sponge on top.
3. Sprinkle with icing sugar.



Lime infused sponge



Creamy zesty centre

From all the TA's

LEMON DRIZZLE CAKE

Ingredients

For the cake

225g unsalted butter
225g caster sugar
Zest of 2 lemons
27g plain flour
2 tsp baking powder
4 eggs

For the drizzle

Juice of 1 lemon
50g caster sugar

For the icing

Juice of 1 lemon
100g icing sugar

Method

1. Preheat the oven to 200°C/180°C fan.
2. Cream the butter and sugar for 10-15 minutes or until pale and creamy.
3. Add all the flour and all 4 eggs and mix until well combined.
4. Add all the lemon zest.
5. Grease your tin with butter and line with baking paper.
6. Put the mixture into the tins and bake for 25-30 minutes or until a skewer inserted comes out clean.
7. While in the oven, make the drizzle.
8. For the drizzle: Combine the sugar and lemon together.
9. When the cake is cooked, let it cool for 5 minutes and poke holes into the cake before pouring the drizzle on.
10. For the icing: Combine the icing sugar and lemon until it is pale and thick.
11. Finish by putting the icing on the cake.



Fresh lemons



Zesty Lemon Icing



Caitlin Dooley

KEIK KARYDAS (COCONUT CAKE)

Ingredients

For the Syrup

1 cup of sugar
2 cups of water
2 cinnamon sticks

For the cake

1 cup of vegetable oil
1 cup of caster sugar
2 cups of self raising flour
1 cup desiccated coconut
(plus extra for decoration)
6 eggs
¾ cup of milk
3 tsp of baking powder
Few drops of vanilla extract

Top Tips

This can also be made with orange juice & rind OR half chocolate &/or pinch of brandy. There are so many variations of this cake that come from my family. All my aunts have their own little twist to it!

Method

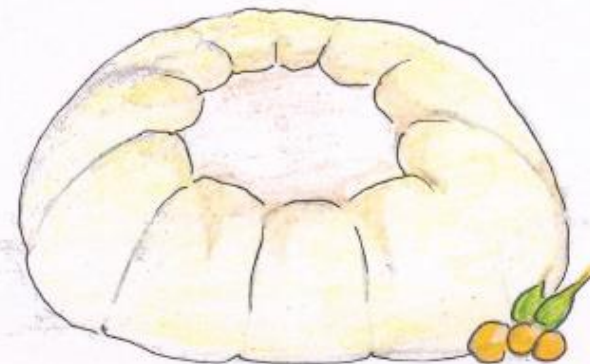
For the syrup

1. Put all of the ingredients into a saucepan.
2. Bring to the boil and simmer for 5 minutes, then leave to cool.

For the cake

1. Pre-heat the oven to 180°C / gas mark 4.
2. Grease a circular cake tin (hole in the centre) with butter or veg oil.
3. Mix oil and sugar thoroughly.
4. Separate the eggs; put the yolks in with the oil and sugar and mix well.
5. Mix egg whites separately (leave to one side).
6. Add milk to oil, sugar and yolks and mix well.
7. Add the egg white and flour alternately little by little and mix well.
8. Add the desiccated coconut, vanilla extract and baking powder (stir these ingredients by hand).
9. Place the mixture in cake tin and bake for 15 mins.
10. Reduce the oven temperature to 160°C for a further 30 mins.
11. Check cake is cooked.
12. Remove the cake from the tin, pierce the cake several times and pour the syrup all over (make sure the syrup is cold).
13. Finally sprinkle with coconut and enjoy!

Cinnamon Sticks



Desiccated Coconut



Ava Tindall

LEMON PARADISE CAKE

This is a pudding not a cake. It makes a lovely dessert. It is best made the day before and refrigerated overnight to give the lemon mixture a chance to soak in to the sponge.

Ingredients

1 packet trifle sponges
3 lemons
3 large eggs
1 tin of condensed milk
1 large whipping cream

Method

1. Cut the trifle sponges in half, horizontally.
2. Zest and juice the lemons.
3. Separate the egg whites from the yolks (keep both!)
4. Mix the condensed milk with the egg yolks, lemon zest and lemon juice.
5. Whisk the egg whites until stiff and fold gently into the lemon mixture until fully mixed.
6. Dip each trifle sponge into the lemon mixture to soak them well.
7. Arrange into a bowl to cover the sides and bottom of the bowl and pour any leftover mixture over them. Cover and leave in the fridge overnight.
8. When ready to serve, whip the cream and cover the pudding in it. Lovely!

Condensed Milk



Fresh Lemons



Evie Harris

NANAIMO BARS

This iconic Canadian dessert recipe comes straight from the heart.

Ingredients

For the base
110g butter, softened
4 tbsp caster sugar
5 tbsp unsweetened cocoa powder
1 egg, beaten
150g digestive biscuits, crushed
80g desiccated coconut
50g finely chopped almonds (optional)

For the cream layer
110g butter, softened
3 tbsp double cream
2 tbsp custard powder
250g icing sugar

For the topping
110g baking chocolate
10g butter

Method

- For the base**
1. Crush the digestive biscuits. You can do this by placing the biscuits in a plastic sandwich bag and using a rolling pin to gently crush the biscuits.
 2. In a Bain-Marie, combine the butter, caster sugar and cocoa powder. Stir occasionally until melted and smooth.
 3. Beat in the egg, stirring until thick, 2 to 3 minutes.
 4. Remove from heat and mix in the digestive biscuit crumbs, coconut and almonds (if you like).
 5. Press into the bottom of an ungreased 20cm square tin.

For the cream layer:

1. Cream together the butter, double cream and custard powder until light and fluffy.
2. Mix in the icing sugar until smooth.
3. Spread over the bottom layer in the tin.
4. Chill until set.

For the topping

1. Melt the chocolate and butter together in the microwave or over low heat.
2. Spread over the chilled cream layer.
3. Return to the fridge to let the chocolate set, then cut into squares.

Chopped Almonds optional



Share if you dare!

Miss Kowalik

BLACKFEN BROWNIES

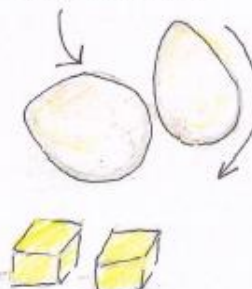
Ingredients

275g butter, softened
375g caster sugar
4 eggs
75g cocoa powder
100g self raising flour
100g chocolate chips

Method

1. Preheat the oven to 180°C/160°C fan / gas mark 4.
2. Mix all of the ingredients together in a bowl.
3. Transfer into a baking tray.
4. Bake for 50-55 minutes.

Eggs & Unsalted Butter



Dark Chocolate & Cocoa powder

So chocolatey!



Hannah Pickard

PICE AR Y MAEN (WELSH CAKES)

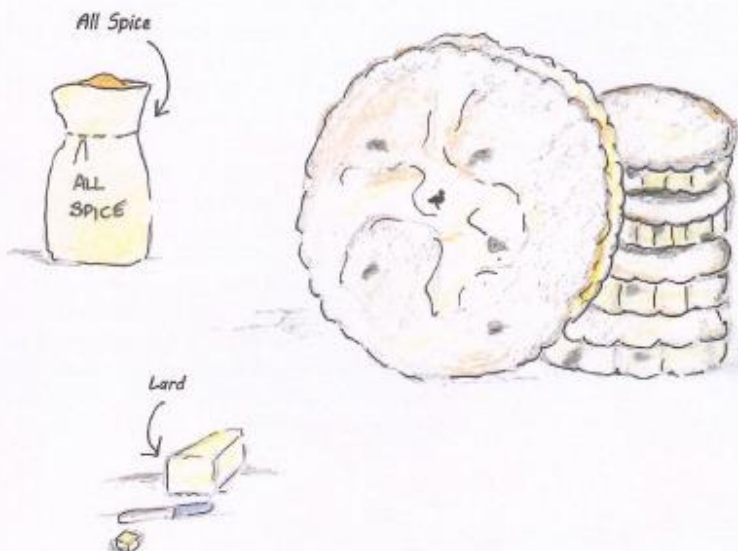
Popular throughout Wales, these little cakes, originally cooked on a heated bakestone, were often served to travellers on their arrival at an inn. In North Wales they are known as Teisen Gri.

Ingredients

450g flour
1 tsp baking powder
1 pinch allspice
1 pinch salt
100g butter
100g lard
175g sugar
100g raisins
2 eggs, beaten
Milk to mix
Caster sugar to sprinkle

Method

1. Stir together the flour, baking powder, allspice and salt in a large bowl.
2. Rub in the butter and the lard.
3. Add the sugar and the raisins.
4. Beat the eggs and add to the mixture, with a little milk, to make a fairly stiff dough.
5. Roll out on lightly floured surface to a thickness of about $\frac{1}{4}$ inch and cut into 2 inch rounds with a pastry cutter.
6. Cook on a greased griddle or a heavy based frying pan for about 3 minutes each side until golden brown.
7. Sprinkle with sugar and serve warm.



Mrs Hendrie

AUSTRALIAN LAMINGTON

Ingredients

For the sponge
125g salted butter, softened, plus extra for the tin
250g golden caster sugar
3 large eggs
250g self-raising flour
3 tbsp milk
 $\frac{1}{2}$ tsp salt
250ml double cream
2 tbsp icing sugar
200g raspberry jam
350g desiccated coconut

For the icing
80g unsalted butter, melted
250ml milk
50g cocoa powder
400g icing sugar

Method

- For the sponge
1. Heat the oven to $200^{\circ}\text{C}/180^{\circ}\text{C}$ fan/gas 6.
 2. Butter and line a 20 x 30cm rectangle tin.
 3. Beat the butter and sugar in a free-standing mixer until pale and fluffy.
 4. Add the eggs one at a time and beat well.
 5. Beat through the flour, milk and salt until fully combined, then spoon into the tin.
 6. Bake in the oven for 25 mins or until golden and firm to the touch.
 7. Set aside to cool completely.
 8. Slice the sponge horizontally to create two halves. Trim the edges to make perfect corners.
 9. Cut the sponge into 18 squares.
 10. Lightly whip the cream with the icing sugar until it reaches soft peaks.
 11. Spread a little of the jam on half of the sponge squares then pipe or spread over a little of the cream.
 12. Sandwich each one with a second square of sponge then set aside in the fridge to chill.
 13. To make the icing, whisk together the melted butter and milk in a bowl. Sieve the cocoa powder and icing sugar together in a separate bowl. Gradually add the cocoa and sugar to the butter and milk mixture, whisking continuously to ensure there are no lumps. If it gets lumpy, whizz with a hand blender until smooth.

14. Divide the coconut between three shallow bowls (this keeps it from getting coated in too much chocolate whilst you're dipping).
15. Dip each lamington in the icing until completely covered. Roll in the coconut and set on a wire rack. Repeat with the remaining sponges.
16. Chill for a minimum of 1 hour.
17. Split in half and serve with jam and cream!

Generously dusted with Coconut



Cocoa Powder and Icing Sugar

Mrs Rawlinson

BISCUITS

Ingredients

50g caster sugar
100g butter
150g plain flour

Method

1. Preheat the oven to 180°C / Gas mark 4.
2. Rub the butter and sugar together until it resembles breadcrumbs.
3. Stir in the sugar and combine thoroughly.
4. GRADUALLY add water until the dough comes together.
5. Knead the dough until smooth.
6. Line a baking tray (either with baking paper or with a good amount of butter to prevent sticking).
7. Break off small pieces of cookie dough and lightly press down on your baking tray.
8. Put in the oven for 15 to 20 minutes until golden brown.
9. Enjoy!

Lovely buttery taste



Lea Ehui Manalong

TRADITIONAL SCONES

Optional Sultanas



Fresh Clotted Cream & Jam



Ingredients

450g self raising flour
100g butter (softened and cut into cubes)
50g caster sugar
2 tsp baking powder
2 eggs
Full fat or semi skimmed milk

Method

- 1) Preheat the oven to 190°C / 170°C fan / gas mark 5.
- 2) Using your fingertips, rub the butter into the flour until it looks like breadcrumbs.
- 3) Stir in the sugar and baking powder.
- 4) Crack 2 eggs into a measuring jug and make up to 10 fl oz in milk.
- 5) Add the milk and egg mixture to the dry ingredients, saving back 2 tbsp to glaze.
- 6) Dust your worktop with flour and roll the mixture to 2cm thick.
- 7) Cut your shapes with a cookie cutter and brush with the milk and egg mixture.
- 8) Bake for 15 minutes.

Hannah Pickard

PEANUT BUTTER COOKIES

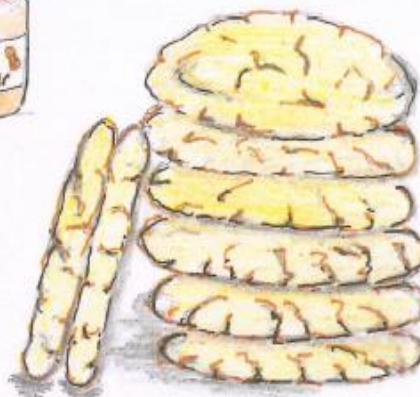
Ingredients

113g margarine
113g brown sugar
113g crunchy peanut butter
1 tsp milk
113g self raising flour
113g oatmeal

Method

1. Pre heat the oven to 180°C/gas mark 4.
2. Beat the margarine and peanut butter together.
3. Add the flour and oatmeal and mix.
4. Then add the sugar and milk and mix thoroughly.
5. Place in the oven for 15-20 minutes.
6. Remove from the oven when golden brown.

Crunchy Peanut Butter



Oatmeal



Daisy Isted

TRADITIONAL CINNAMON ROLLS

Ingredients

For the dough
600g strong bread flour
14g dried yeast
75g caster sugar
90g unsalted butter
275ml full fat milk
1 tsp vanilla extra
1 large egg

For the filling
45g unsalted butter, melted
175g light brown sugar
2 tsp cinnamon

For the topping
300g icing sugar
1 tsp vanilla extract
3-4 tbsp water

Method

1. Sift the flour into a large bowl, and add the caster sugar and yeast. Mix these together with a wooden spoon so it's all evenly distributed.
2. Using your fingertips, rub the butter into the mixture so it resembles bread crumbs.
3. Gently heat the milk until warm. Not boiling.
4. Add the milk, vanilla, and egg to the dry ingredients.
5. Knead the dough together for 7-10 minutes. It will be sticky at first, but it will soon come together.
6. Put into a lightly oiled bowl, and cover the top of the bowl with cling film. Let it rise for 1-2 hours, or until doubled in size.
7. Whilst the bread is proving, whisk together the light brown sugar, and ground cinnamon for the filling.
8. Once the dough has risen, transfer to a lightly floured work surface, and roll out to a large rectangle. Mine ends up being about 50cmx30cm.
9. Gently brush the surface with the 45g of melted butter, and then sprinkle over the sugar/cinnamon mix.
10. Roll the dough from long side to long side, so that a ~long sausage~ is formed. Cut this evenly into 12 pieces. I cut the middle, and then the two halves into two more, and then each into three pieces to get my 12.

Strong Flour & Light Brown Sugar



Icing Sugar & Vanilla



Miss Wainwright

Miss Wainwright

11. Put them into a deep set tray. There should be a small amount of space between each swirl.
12. Cover the dish with clingfilm, and let them rise for another hour or so. After this hour they should have expanded and be touching and preheat the oven to 180°C/160°C Fan.
13. Bake in the oven for 20-25 minutes, until golden brown and cooked through.
14. Leave to cool, and then make the icing. Simply whisk together the icing sugar, vanilla and water until a thick icing paste is formed, and then spread over the rolls.

CHRISTMAS STAINED-GLASS COOKIES

Boiled Sweets Selection



Mixed Spice & Vanilla



Ingredients

115g softened butter
55g caster sugar
175g plain flour
1-2 tbsp milk
Approximately 18 fruit flavoured boiled sweets

Method

1. Preheat the oven to 180°C and line and baking sheet with parchment.
2. Beat the butter and sugar until creamy.
3. Sift in the flour and mix.
4. Stir in the milk, then knead to form a dough.
5. Roll out the dough on a floured surface, then cut it into Christmas shapes with cookie/ biscuit cutters.
6. Cut out a hole in the middle of each Christmas shape and put half a boiled sweet in it.
7. Bake the cookies for approximately 15 minutes (until golden brown).
8. When the melted sweets have hardened, move to be cooled on a wire rack.

Ava Gibson

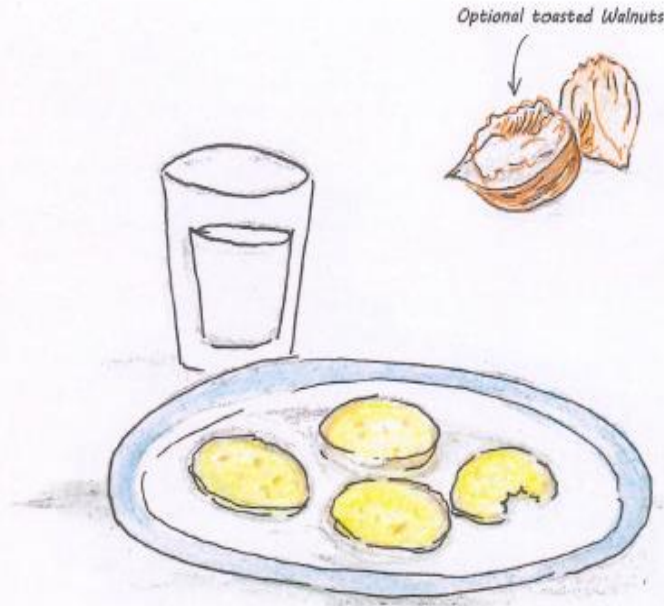
NYC COOKIES

Ingredients

50g toasted walnuts
(optional)
200g milk chocolate
115g cold butter
80g caster sugar
80g soft light brown sugar
100g self-raising flour
150g plain flour
Pinch of salt
1/8 tsp bicarbonate of soda
1 tsp baking powder
1 egg

Method

1. First beat the butter in a mixer for about 30 seconds.
2. Then add both sugars to the butter and mix for another 30-40 seconds.
3. Now add the chocolate and toasted walnuts (if using).
4. Then add everything else apart from the egg.
5. Beat the egg in a bowl and then add it to the mix (be sure to beat it before adding it to the mix).
6. Once the mix is crumbly, weigh the cookie into 100g balls and compress into balls - DO NOT FLATTEN!
7. When they are on a baking sheet, put them in a freezer for 90 mins other wise they won't hold when cooking!
8. Preheat the oven to 200°C / 180°C fan and place a baking sheet inside.
9. Once the 90 minutes is up, transfer the cookies onto the HOT baking sheet for 18 minutes (ensure they are far apart as they expand!).
10. After being cooked leave to cool for a few minutes.
11. Then enjoy!



NUTELLA CINNAMON ROLLS

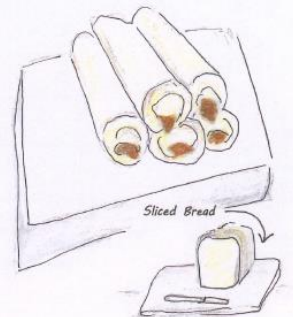
Ingredients

1 jar of chocolate spread
4 slices of bread
4 tbsp of sugar
Half a cup of milk
2 tsp of Cinnamon
2 eggs
Fruit of your choice
Cream (optional)

Method

1. Lay out your bread and remove the crusts. Then roll out the bread with your rolling pin until flat and flexible.
2. Scoop a tablespoon of chocolate spread onto the end of each slice of bread.
3. Roll up your bread to form a cylinder shape.
4. Grab your bowl, pour in the milk and eggs, and whisk until blended.
5. Stir the cinnamon in with the sugar and set aside.
6. Heat up your frying pan on medium heat, add a small amount of oil and leave to heat.
7. Dip the rolls in the egg mixture we made earlier.
8. Fry your rolls until golden brown.
9. Dip the rolls in the cinnamon sugar.
10. Add your fruit and cream and enjoy your chocolatey dessert!

Chocolate Spread



No bake

NO BAKE COCONUT ICE

Ingredients

150ml milk
500g granulated sugar
200g packet desiccated coconut
A few drops of red or pink food colouring

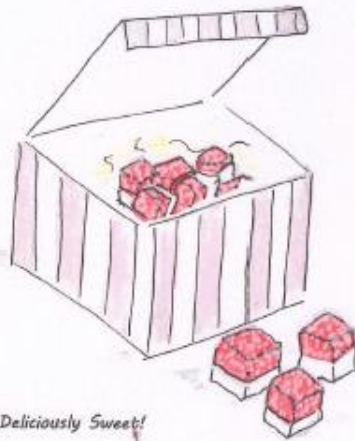
Method

1. Pour the milk into a heavy based saucepan and add the sugar.
2. Place the pan on a medium heat and stir until the sugar dissolves.
3. Increase the heat and rapidly boil the mixture, until it reaches soft ball stage (115°C).
4. Remove the pan from the heat and stir in the coconut, working quickly. Pour half the mixture into a lined tin and use a pallet knife to spread it out evenly.
5. Add a few drops of the food colouring to the mixture in the saucepan. Stir, then spoon this mixture on top of the white layer.
6. Leave to cool, then cut into shapes of your choice.

Food Colouring



Condensed Milk



Deliciously Sweet!



BELGIAN BISCUIT CAKE

Ingredients

250g digestive biscuits
150g milk chocolate
150g dark chocolate
100g unsalted butter
150g golden syrup
100g dried apricots, chopped
75g raisins

20cm shallow, square-shaped tin

Optional Extras

60g pecans, marshmallows, honeycomb and meringues all work as alternative fillings - just chop them into small chunks and mix them with the melted chocolate mixture.

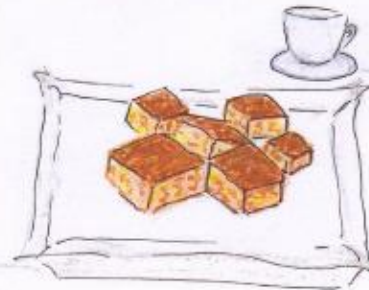
Method

1. Use cling film to line a 20cm shallow, square-shaped tin. Leave extra cling film hanging over the sides.
2. Bash the biscuits into pieces using a rolling pin. (Put them in a plastic bag first so they do not go everywhere!)
3. Melt the chocolate, butter and golden syrup in a heatproof bowl set over a pan of simmering water. Stir occasionally.
4. Remove the bowl from the heat and stir in the broken biscuits, apricots, raisins and optional extras.
5. Spoon the mixture into the tin. Level the surface by pressing it down with a potato masher or the back of a spoon.
6. Leave to cool, then put the mixture into the fridge for 1-2 hours to set.
7. Turn out the cake and peel off the cling film. Cut the cake into 12 squares and enjoy.

Digestive Biscuits



Dried Apricots





Summer 2021