

# American Muffins



## Ingredients:

- 250g Self Raising Flour
- 1 teaspoon Baking Powder
  - ½ teaspoon Salt
  - 100g Sugar
- 85g Sultanas, Chocolate Chip or Blueberries
  - 250ml Milk
  - 80ml Oil
  - 1 Egg

## Equipment:

- Mixing Bowl
- Tablespoon
- Measuring Jug
  - Fork
- Muffin Tin/Cases

## Method:

1. Light oven 160°C
2. Prepare muffin tin with ten paper cases
3. Put flour, baking powder, salt, sugar and chocolate chips into a mixing bowl
4. Measure milk and oil into a measuring jug and add beaten egg
5. Pour ingredients from measuring jug into mixing bowl and stir with a tablespoon until thoroughly mixed
6. Divide the mixture evenly between the muffin cases
7. Bake for 20 – 25 minutes, muffins are ready when top springs back and are lightly browned

# Apple Crumble

## Ingredients:

- 2 Cooking Apples, Peeled, Cored and Cooked



- 100g Plain Flour
- 50g Margarine
- 25g Sugar

## Equipment:

- Mixing Bowl
- Tablespoon
- Spreading Knife
- Sieve

## Method:

1. Light Oven 180°C
2. Peel and core the apples (keep them in water when not in use to stop them turning brown)
3. Cook apples with a tablespoon of sugar and water until soft
4. Sieve flour into mixing bowl
5. Cut margarine into small pieces with knife and add to flour
6. Rub margarine into flour
7. When the mixture looks like breadcrumbs, stir in the sugar
8. Spoon crumble topping onto the apples and place in the oven for about 20 minutes, or until golden brown

# Baked Alaska

## Ingredients:

- 1 slice of Swiss Roll
- 1 Scoop of Vanilla Ice Cream
  - 1 egg white
  - 40g Castor Sugar

## Equipment:

- Mixing bowl
- Electric Whisk
- Tablespoon
- Baking Sheet

## Method:

1. Light oven 220°C
2. Separate the egg
3. Whisk the white until it forms a peak
4. Whisk in 1 tablespoon of sugar
5. Fold in remaining sugar
6. Place a scoop of ice cream on the slice of Swiss Roll (do this on baking sheet)
7. Cover the Swiss Roll and ice cream completely with the meringue mixture
8. Bake for a couple of minutes in the oven



# Banana Smoothie

## Ingredients:

- 200ml Semi-Skimmed Milk
- 1 Banana
- 1 teaspoon Clear Honey

## Equipment:

- Jug
- Glass
- Teaspoon
- Straw
- Blender



## Method:

1. Place all the ingredients in the blender
2. Blend until smooth
3. Pour into a tall glass, serve with a straw

# Bolognese Sauce

## Ingredients:

- 250 – 500g Minced Meat (Beef/Lamb/Turkey)
  - 1 Onion
- 1 Tin Chopped Tomatoes
- 2 tablespoons of Tomato Puree
  - 1 Oxo Cube
  - ½ Teaspoon Basil
  - ½ Teaspoon Oregano
  - 1 Clove of Garlic
- 2 teaspoons of paprika
- 3 Mushrooms (Optional)

## Equipment:

- Large Saucepan
- Wooden Spoon
- Chopping Board
- Sharp Knife
  - Plate

## Method:

1. Collect equipment
2. Peel and finely dice the onion
3. Slice the mushrooms
4. Place the onions and meat in the saucepan and cook on a medium heat until the meat is brown
5. Add the tin of chopped tomatoes, tomato puree, mushrooms, stock cube, herbs and seasoning
6. Mix thoroughly, add some water if needed, and bring to the boil
7. Simmer for 15 minutes



# Breakfast Muffins



## Ingredients:

- 175g Self Raising Flour
  - 50g Porridge Oats
- 140g Soft Brown Sugar
- 2 teaspoon ground cinnamon
- ½ teaspoon Bicarbonate of Soda
- 1 teaspoon of vanilla extract
  - 150ml Milk
  - 6 tablespoon Oil
  - 1 Egg
  - 175g Sultanas

## Equipment:

- Mixing Bowl
- Tablespoon
- Measuring Jug
  - Fork
- Muffin Tin/Cases

## Method:

1. Light oven 180°C
2. Prepare muffin tin with ten paper cases
3. Put flour, oats, sugar, cinnamon and bicarbonate of soda in a large bowl
4. Rub all ingredients through your fingers as if making pastry
5. Beat the egg, then stir in the milk, vanilla and oil
6. Lightly stir the egg mix into the flour
7. Fold the sultanas into the mixture
8. Divide between the paper cases and bake for 20 - 25 minutes

# Cereal Bar

## Ingredients:

- 125g Rolled Oats
- 75g Margarine
- 1 tablespoon Golden Syrup
- ¼ teaspoon spices and lemon rind
- 25g of each additional ingredient

## Equipment:

- 1 Saucepan
- Wooden Spoon
- Spatula
- Tablespoon
- Baking tin

## Method:

1. Heat oven to 200°C
2. Grease the tin
3. Prepare additional ingredients i.e. cut up
4. Put margarine and syrup into the saucepan and gently heat until margarine has melted
5. Add oats and additional ingredients and mix well
6. Press mixture into the greased tin and flatten with the spatula
7. Bake in the oven for 15 - 20 minutes
8. Cut into pieces with a knife and leave to cool
9. Once cool ease the cereal bars from the tin



# Chicken chow mein



## Equipment:

- Saucepan
- Sharp Knife
- Chopping Board
  - Wok
- Wooden Spoon

## Method:

1. Boil enough water to cover the noodles. When water is boiling add the noodles and cook for the required time
2. Prepare the vegetables
3. Drain the noodles in a colander
4. Put oil in the wok. Add the vegetables and fry on a medium heat for three minutes. Add the chicken.
5. Stir in the noodles and add the soy sauce
6. Place in a container

# Simple Chicken curry

## Ingredients:

- 2tbs oil
- 2 small onions
- 250g chicken
- 1 clove garlic
- 1 tsp ginger
- 1 tbs curry powder/paste
- 50g creamed coconut
- 2 tbs fresh coriander (optional)

## Equipment:

- Saucepan
- Sharp Knife
- Chopping Board
- Wooden Spoon

## Method:

1. Prepare all vegetables and dice the chicken
2. Heat oil in saucepan and add onion and garlic, cook until soft, add all other vegetables.
  1. Stir in the curry powder and ginger and coriander.
  2. Add the chicken, cook until well done.
  3. Add the coconut cream and stock.
  4. Simmer gently for 20 mins
  5. Serve with rice and vegetables

# Chicken Tikka Masala

## Ingredients:

- 2 tablespoons Oil
  - 1 Onion
- 250g Chicken or Turkey Breast
  - 2 teaspoons Tikka Paste
  - 1 teaspoon Tandoori Paste (optional)
  - 150ml Water
- Small carton Single Cream or Yoghurt

## Equipment:

- Large Saucepan
  - Knife
- Chopping Board
  - Teaspoon
- Measuring Jug
- Wooden Spoon

## Method:

1. Heat the oil in a large pan. Peel chop and fry the onion.
2. Cut the chicken into small cubes or strips and fry for five minutes, stirring, until it is all white in colour
3. Stir in the pastes and fry for 2 minutes. Add the water, bring to the boil, and simmer with the lid on for 10 - 15 minutes. Turn off the heat and stir in the cream.
4. Serve on a bed of rice, sprinkle with fresh coriander



# Chinese Stir Fry



## Ingredients:

- 1 portion of Egg Noodles
- 1 tablespoon Oil
- 1 tablespoon Soy Sauce
- Selection of 4 Vegetables i.e. Carrot, Beansprouts, Corn, Cabbage, French Beans, Cauliflower, Broccoli, Peppers etc.

## Equipment:

- Saucepan
- Sharp Knife
- Chopping Board
  - Wok
- Wooden Spoon

## Method:

1. Boil enough water to cover the noodles. When water is boiling add the noodles and cook for the required time
2. Prepare the vegetables
3. Drain the noodles in a colander
4. Put oil in the wok. Add the vegetables and fry on a medium heat for three minutes. Add the soy sauce
5. Stir in the noodles
6. Place in a container

# Chocolate Brownies



## Ingredients:

- 100g Soft Margarine
- 150g Plain/Milk Chocolate
- 100G Self Raising Flour
  - 100g Castor Sugar
  - 2 tablespoons Water
- 1 teaspoon Vanilla Essence
  - 2 Eggs
- 50g Chopped Walnuts

## Equipment:

- Large Glass Bowl
- Small Glass Bowl
  - Fork
- Wooden Spoon
  - Saucepan
  - Teaspoon
    - Sieve
- Measuring Jug
  - Baking Tin

## Method:

1. Light Oven 180°C
2. Grease baking tin with some margarine
3. Melt chocolate with margarine and water, over a gentle heat stirring all the time
4. Sieve the flour into a large bowl
5. Beat the eggs in the small bowl
6. Add the castor sugar and vanilla essence to the melted chocolate
7. Pour the chocolate mixture onto the flour and mix well
8. Add the eggs to the mixture and beat well
9. Fold in the nuts
10. Pour the mixture into the tin and make until risen and firm to touch

# Chocolate Milkshake

## Ingredients:

- 200ml Semi Skimmed Milk
- 1 level tablespoon Drinking Chocolate
- 1 tablespoon low fat Ice Cream
- Whipped Cream to decorate

## Equipment:

- Glass
- Small Bowl
- Tablespoon
- Jug
- Liquidiser



## Method:

1. Collect equipment
2. Measure the milk
3. Put the drinking chocolate into the small bowl and blend together with two tablespoons of milk, until smooth
4. Pour the rest of the milk into the bowl, then into the liquidiser, with the ice cream
5. Liquidise until frothy
6. Pour into the glass
7. Decorate with cream

# Chocolate Yule Log

## Ingredients:

- Chocolate Swiss Roll
- 200g bar Dairy Milk/Plain Chocolate

## Equipment:

- Glass Bowl
- Saucepan
- Tablespoon



## Method:

1. Break chocolate into a glass bowl
2. Melt over a saucepan of ht not boiling water
3. Spoon over the Swiss roll
4. Make a pattern on the chocolate to resemble tree bark
5. Dust with icing sugar
6. Decorate with holy leaves, Berries or Robin

# Christmas Jalousie

## Ingredients:

- 250g Puff Pastry
- 3 tablespoons Sweet Mincemeat
- Icing Sugar to decorate

## Equipment:

- Rolling Pin
- Table Knife
- Flour Dredger
- Tablespoon
- Pastry Brush

## Method:

1. Light the oven 220°C, collect equipment and ingredients
2. Roll pastry into a large square, trim edges and cut in half
3. Put one half onto the baking tray and fold the other in half
4. Make cuts on the folded edge of the pastry, about 1 cm apart
5. Wet edges of the pastry on the baking sheet and spoon on the mincemeat, leaving the edges clear
6. Place the other pastry on top to form the lid
7. Seal the edges by pressing down lightly to stick them together
8. Knock up the edges with table knife, to help pastry puff up
9. Brush the top of the pastry with beaten egg
10. Bake in the oven to golden brown and risen



# Coleslaw

## Ingredients:

- ¼ White Cabbage
- 1 Carrot
- 1 Small Onion
- 2 Tablespoons Mayonnaise

## Equipment:

- Food Processor
- Spatula
- Tablespoon
- Mixing Bowl

## Method:

1. Wash the Carrot
2. Take the outside leaves off the cabbage
3. Peel and quarter the onion
4. Use the processors shredding tool for the cabbage, grating tool for the carrot and the chopping tool for the onion
5. Combine the prepared vegetables with the mayonnaise
6. Garnish with parsley and serve



# Creamy Pasta'n bacon



## Equipment:

- Saucepan
- Sharp Knife
- Chopping Board
- Wooden Spoon

## Method:

1. Boil enough water to cover the pasta. When water is boiling add the pasta and cook until 'al dante'
2. Prepare the vegetables .
3. Sauté the onion and add the rest of your other vegetables
4. Add the bacon
5. Drain the pasta in a colander
6. Prepare the cheese sauce
7. Stir in the cooked pasta.
8. Simmer for 10 mins and serve.

# Easy Peasy Bread

## Ingredients:

- 250g Strong White or Wholemeal Flour
  - 1 level teaspoon Salt
- ½ sachet of quick acting yeast
  - 150ml warm water
  - 1 Tablespoon oil

## Equipment:

- Bread Tin
- Measuring jug
- Mixing Bowl
- Flour Dredger
- Wire cooling rack

## Method:

1. Grease the bread tin
2. Put flour in a bowl, stir in the yeast and stir in the salt
3. Pour the warm water and oil in to the flour and mix together
4. Knead firmly for ten minutes
5. Place in the bread tin
6. Put in a warm place to rise
7. Bake for 15 – 20 minutes
8. To see if it is cooked tap the underneath and they and they should sound hollow
9. Leave to cool on a wire rack



# Fairy Cakes

## Ingredients:

- 50g Soft Margarine
- 50g Self Raising Flour
- 50g Castor Sugar
- 1 Egg

## Equipment:

- Mixing bowl
- Electric Whisk
  - Plate
- Tablespoon, Teaspoon and Knife
  - Spatula
- Patty Tin and Cake Cases

## Method:

1. Light oven 180°C
2. Put cake cases into patty tin
3. Break egg on plate to check it
4. Put ingredients into a bowl and whisk on low power until flour is mixed in
5. Scrape the sides with the spatula and mix again until soft and creamy
6. Place 1 heaped teaspoon of mixture into each pastry case
7. Bake in oven for 10 – 15 minutes
8. Place on cooling rack to cool
9. Once cool ice with butter cream and jam to make Butterfly Cakes



# Flapjack

## Ingredients:

- 250g Rolled Oats
  - 100g Sugar
  - 100g Margarine
- 1 rounded tablespoon Golden Syrup

## Equipment:

- Large Mixing Bowl
  - Saucepan
- Wooden Spoon
  - Spatula
- Tablespoon
- Swiss Roll Tin



## Method:

1. Heat oven to 190°C
2. Grease the tin
3. Put the oats and sugar into a bowl and mix together
4. Put margarine and syrup into a saucepan and gently heat until the margarine has melted
5. Pour the syrup over the oats and mix well
6. Press the mixture into the greased tin and flatten with the spatula
7. Bake in oven for 15 - 20 minutes, until the mixture is golden brown and firm to touch
8. Cut into 8 or 12 pieces with a knife and leave to cool

# Fresh Fruit Salad

## Ingredients:

- 1 Apple
- 1 Banana
- 1 Pear
- Small Carton of Juice/Small Tin of Fruit in Syrup

## Two of the Following:

- 1 Kiwi Fruit
- 1 Mango
- 1 Passion Fruit
- 1 Tangerine or Satsuma
- A few Strawberries or Raspberries
- Lemon Juice

## Equipment:

- Chopping Board
- Small Bowl
- Vegetable Knife

## Method:

1. Peel or wash the fruit
2. Cut the fruit into even sized portions
3. Put apple and banana into lemon juice
4. Add juice or fruit syrup to bowl
5. Combine all remaining fruits and mix



# Fruity flapjacks



Get cooking

## Ingredients

150g oats  
50g sugar  
50g butter/margarine  
2x15ml spoons golden syrup  
75g dried fruit, e.g. sliced apricots

## Equipment

Measuring spoons, saucepan, wooden spoon, baking tin.



## Method

1. Preheat oven to 200C or gas mark 6.
2. Grease a shallow baking tin and line with greaseproof paper.
3. Place the syrup, butter/margarine and sugar into a saucepan and gently heat until the butter/margarine has melted.
4. Stir in the oats.
5. Pour  $\frac{1}{2}$  the mixture into the baking tin.
6. Arrange the dried fruit over the oats.
7. Pour the remaining mixture over the fruit and pat down.
8. Bake for 20 minutes until lightly browned.
9. Remove from the oven and cut into portions in the baking tin while hot.

## Tips

- \* Vary the type of dried fruit, e.g. sultanas, figs, mixed fruit.
- \* Add 1x5ml spoon cinnamon or mixed spice to the oat mixture.

# Italian Smoked Fish

## Ingredients:

- 450g Smoked Cod, Haddock, Tinned Tuna or Crab Sticks
  - 1 Dessertspoon (10ml Oil)
  - 1 Small Onion
- 1 Red Pepper, deseeded and chopped
- 75g Button Mushrooms, halved
- 125g low fat soft cheese with garlic and herbs
  - 100ml Milk
  - 100g Cooked Pasta
- Fresh Chopped Parsley to garnish

## Equipment:

- Large Saucepan
- Wooden spoon
- Tablespoon
- Sharp Knife
- Chopping Board

## Method

1. Cut the onion pepper and mushrooms and cook for 3 - 4 minutes in saucepan with heated oil
2. Add the cheese, milk and fish
3. Cover and simmer for 8 - 10 minutes, stirring occasionally
4. Stir in the cooked pasta, heat through for 1 - 2 minutes
5. Garnish with Parsley and serve



# Jam Tarts

## Ingredients:

- 75g Plain Flour
- 25g Wholemeal Flour
  - 25g Lard
  - 25 g Margarine
- 2 tablespoons Water
- 3 tablespoons Red Jam

## Equipment:

- Mixing Bowl
- Palette Knife
  - Sieve
- Measuring Jug
- Tablespoon
- Teaspoon
- Bun Tin

## Method:

1. Light oven 220°C/Gas 7, collect ingredients and equipment
2. Sieve the flour, cut the fat and add
3. Rub the fat in quickly using fingertips
4. Add water and mix quickly and lightly into a firm dough
5. Turn onto a floured surface and knead gently to make smooth
6. Turn over and roll out thinly
7. Cut into rounds and line patty tin
8. Re-roll the rest of the pastry to make nine tarts
9. Place a teaspoon of jam into the centre of each pastry case and bake for 10 – 15 minutes





# Lasagne

Year 9

Meat Sauce, Cheese Sauce and  
How to assemble.

# Lasagne Sauce:

## Ingredients:

- 250g Minced Beef
- 1 onion, finely chopped
- 4 small mushrooms or 1 green pepper
- 400g Chopped Tomatoes
- 1 clove of garlic
- 1 stock cube
- 1 tsp mixed herbs
- 1 tbsp Tomato Puree

## Method:

1. Finely chop the onion, pepper or mushrooms, and the garlic.
2. Put the mince and vegetables in a pan and cook gently for 5 minutes
3. Mix the chopped tomatoes, stock cube, herbs and puree
4. Bring to the boil and leave to simmer for 10 minutes
5. Place in a container, label and place in the freezer

## Equipment:

- Saucepan
- Chopping Board
- Sharp Knife
- Plate



# Cheese Sauce:



## Ingredients:

- 25g Butter/Margarine
- 2 tbsp Flour
- 400ml Milk
- 75g Cheese
- Salt/Pepper
- ½ tsp Mustard Powder

## Equipment:

- Saucepan
- Wooden Spoon
- Grater
- Teaspoon

## Method:

1. Put the flour, milk and margarine in a saucepan
2. Slowly heat, stirring all the time with a wooden spoon until it thickens.  
**Do not allow lumps to form.**
3. Remove pan from heat and add  $\frac{3}{4}$  of cheese, stir until melted and smooth
4. Season with salt, pepper and mustard powder

# Assembly of Lasagne:

- You need a foil container and you need to layer the lasagne in the following way:
  - ½ Lasagne sauce
  - Layer of Pasta
  - ½ Cheese Sauce
  - Remaining ½ of Lasagne Sauce
  - Layer of Pasta
  - Remaining ½ Cheese Sauce
  - Sprinkle over remaining ¼ of Cheese
- Bake in oven: Gas Mark 5/180°C for 25 minutes until golden brown and piping hot.



# Lemon/Orange/Fruit Biscuits

## Ingredients:

- 100g Self Raising Flour
- 50g Butter/Margarine
  - 50g Castor Sugar
  - 1 Egg
- 1 teaspoon Lemon/Orange Rind
- 1 Teaspoon of Lemon/Orange Juice

## Equipment:

- Baking Tray
- Large Bowl
- Small Bowl
- Teaspoon
- Palette Knife
- Rolling Pin
- Biscuit Cutter
  - Grater



## Method:

1. Light Oven 180°C, collect equipment and grease baking tray
2. Put flour and sugar into a large bowl, cut up the margarine and add
3. Rub into flour until it resembles breadcrumbs
4. Separate the egg and add the yolk to the mixture, add the juice and the rind
5. Mix into a smooth dough and knead slightly. Roll out thinly
6. Cut about 10 - 15 biscuits with a medium cutter
7. Place the biscuits on a baking tray, bake for 12 - 15 minutes
8. Place on a cooling tray

# Making Custard



## Ingredients:

- ½ Pint Milk
- 2 level tablespoons custard powder
- 1 level tablespoon sugar

## Equipment:

- Small Bowl
- Measuring Spoons
- Measuring Jug
- Whisk
- Wooden Spoon

## Method:

1. Collect equipment
2. Place custard powder in a small bowl, add sugar and a little of the milk (2 tablespoons). Mix into a paste with wooden spoon.
3. Place remainder of milk in saucepan and carefully heat until it starts to bubble around the edges.
4. Pour milk over the custard powder mixture, stirring all the time.
5. Return to the pan. Bring to boil, stirring all the time, until the mixture thickens
6. Divide the custard evenly between three people eat



# Christmas Ginger Biscuits



[www.activekidsgetcooking.org.uk](http://www.activekidsgetcooking.org.uk)

**Biscuit Challenge Extra Resources**

Register for your free certificates



# Skills you will learn



- Weighing
- Measuring
- Sieving
- Mixing
- Stirring
- Melting
- Kneading
- Icing
- Piping
- Rolling
- Moulding
- Baking



# Collect your equipment.



- Scales
- Measuring spoons
- Sieve
- Mixing bowl
- Small saucepan
- Wooden spoon
- Small bowl
- Fork
- Rolling pin
- Biscuit cutters
- Palette knife
- Flour dredger
- Baking sheet
- Piece of baking parchment
- Pan stand
- Cooling rack



Weigh or measure all ingredients.





Sieve flour, bicarbonate of soda and ginger into mixing bowl.





Melt the margarine, sugar and golden syrup.



Caution  
when  
hot !



Make a 'well' in the centre of the flour.





Pour in the melted ingredients,  
then add the beaten egg.



Caution  
when  
hot !



Mix to a soft dough, cool.





Turn out onto a lightly floured board.  
Knead lightly.





Roll out carefully, to make a circle 5mm thick.





Cut out shapes using the cutters.





Or divide the mixture into 16 pieces.





Mould each piece into a Christmas shape.



Follow these models to make a penguin, a snowman, a Santa and a tree



## More shapes to try.



Use sausage shapes, twist to make a candy cane



Use a flattened triangle for a tree

Use an oval shape flatten, pinch to make a holly leaf



# And more.....



Make a sausage shape, divide into 8, shape each into a ball, place together to make a garland



Place biscuits on a baking sheet lined with baking parchment.



Wash hands after handling raw egg mixture.



Bake at Gas mark 4 (180 C)  
10-15 minutes until browned and firm.



Caution  
when  
Hot !

Leave to cool  
slightly, use the  
palette knife to  
remove the biscuits.



Cool. Decorate using Royal Icing and chopped fruit pieces and silver balls.



# Maryland Cookies

## Ingredients:

- 50g Castor Sugar
- 50g Soft Margarine
  - 75g Plain Flour
  - ½ Teaspoon Syrup
  - ½ Tablespoon Milk
- ½ level teaspoon Bicarbonate Soda
- 25g Chocolate Chips

## Equipment:

- Mixing Bowl
- Wooden Spoon
  - Fork
- Tablespoon
- Teaspoon
- Baking Sheet
- Cooling Rack

## Method:

1. Light oven 180°C, collect ingredients and equipment
2. Cream margarine and sugar
3. Add flour
4. Melt syrup and milk, add bicarbonate soda
5. Add milk mixture to the margarine, sugar and flour
6. Add the chocolate chips and mix well
7. Place on a greased baking sheet and press down with a fork
8. Bake for 15 – 20 minutes until golden brown



# Mince Pies

## Ingredients:

- 100g Plain Flour
- 25g Margarine
  - 25g Lard
- 200g Mincemeat
  - Pinch of Salt
  - Cold Water

## Equipment:

- Sieve
- Spreading Knife
- Mixing Bowl
- Tablespoon
- Rolling Pin
  - Bun Tin
- Teaspoon
- Pastry Brush



## Method:

1. Light oven 200°C/Gas 6
2. Sieve the flour and salt into a mixing bowl
3. Cut the fat into small pieces, add to the flour and rub in
4. Add coldwater a tablespoon at a time, until the mixture comes together in a ball, mixture should be smooth
5. Use a little flour to roll the pastry out, use round cutters for the base and lids of the pies
6. Line a greased bun tin with a pastry disc
7. Use a teaspoon to fill the pies with mincemeat - **Do Not Over Fill**
8. Dampen the edges of the pies and fix on the lids
9. Seal the edges
10. Cook in the oven for approximately 10 minutes until golden brown

# Parmesan Chicken Nuggets

## Ingredients:

- 50g Breadcrumbs
- 1 x 5ml spoon mixed herbs
- 1 x 15 ml spoon parmesan, grated
- 1 - 2 chicken breast
- 1 x 15ml spoon plain flour
- 1 egg beaten

## Equipment:

- Baking tray
- Grater
- Small bowl
- Fork
- Knife
- Chopping board

## Method:

1. Preheat the oven to 200°C or gas mark 6.
2. Mix the breadcrumbs, herbs and parmesan together in a small bowl.
3. Pour the flour on a small plate.
4. Beat the egg in a small bowl.
5. **Cut the chicken into 'nuggets' (approximately 4cm x 3cm chunks).**
6. Dust the chicken in the flour.
7. Dip in the beaten egg.
8. Roll in the breadcrumb mixture.
9. Place on the baking tray.
10. Repeat steps 7-10 for all the chicken pieces.
11. Bake in the oven to 20minutes, until golden brown.



# Pasta Salad

## Ingredients:

- 100g Cooked Pasta
- 1 Small Onion
- ½ Red/Green Pepper
- Small piece of Cucumber
- 1 tablespoon Sweetcorn
- 1 tablespoon Frozen Garden Peas
- 1 Tin of Tuna, Salmon, Crab, Sardines etc.

## Equipment:

- Knife
- Chopping Board
- Tablespoon
- Tin Opener

## Method:

1. Peel and finely chop the onion, put in bowl
2. Wash, deseed and the chop the pepper and tomato, put in bowl
3. Wash, slice and dice cucumber, put in bowl with sweetcorn, peas, pasta and salt and pepper
4. Drain fish and add to bowl, mix gently and place in container



# Year 9: How to make your pizza

You will make the pizza dough 1 between 2. You need to be quick as time in the lesson is short!

## Equipment: (1 between 2)

- 1 Glass Bowl (large)
- 1 measuring jug
- 1 teaspoon
- 1 tablespoon
- 1 spreading knife



## Ingredients: (1 between 2)

- 1 bag of flour (250g)
- 1 teaspoon yeast
- 1 teaspoon of salt
- 1 tablespoon of oil
- 150ml warm water



## Stage 1:

1. Put the flour, salt and yeast into a large glass bowl and mix with spreading knife.



## Stage 2:

1. Place 1 tablespoon of oil in the bowl
2. Add water a little at a time while stirring with spreading knife
3. Continue adding water until the dough is formed (keep stirring with the spreading knife)



## Stage 3:

1. Split the dough in half
2. Each person kneads their dough until soft and 'workable'



## Stage 4:

1. Make the dough into a circle using your hands
2. Then roll the dough using your rolling pin until it is thin



## Stage 5:

1. Fold half your pizza base over your rolling pin and transport to your baking sheet



## Stage 6:

1. Spoon your pizza topping onto your pizza and spread out evenly
2. Add your toppings and bake in the oven for 10 - 15 minutes



## Stage 7:

1. While the pizza is cooking complete all of your washing up.
2. Remember to scrub your tables



## Stage 8:

1. Take your pizza out of the oven and allow to cool before putting it in your container
2. Remember to wash your baking sheet!



# Rock Cakes

## Ingredients:

- 50g Margarine
- 100g Self Raising Flour
- 50g Mixed Dried Fruit
- 50g Granulated Sugar
- ½ teaspoon Mixed Spice
- 1 Egg

## Equipment:

- Baking Sheet
- Large Mixing Bowl
- Small Mixing Bowl
  - Sieve
  - Teaspoon
  - Fork

## Method:

1. Light oven 200°C and grease a baking sheet
2. Sieve flour and spice into a large bowl
3. Rub in margarine until it resembles breadcrumbs
4. Stir in sugar and dried fruit
5. Beat egg and mix in with fork to form a firm but sticky dough
6. Place heaped teaspoon evenly on baking sheet and bake for 15 minutes or until golden brown
7. Place on cooling rack



# Scones

## Ingredients:

- 250g Self Raising Flour
- 50g Sugar
- 50g Margarine
- 50g Dried Fruit
- 125ml Skimmed Milk

## Equipment:

- Baking Sheet
- Large Bowl
- Rolling Pin
  - Knife
- Flour Dredger
  - Cutter
- Cooling Rack

## Method:

1. Light oven 220°C and grease baking sheet
2. Put Flour into large bowl
3. Rub the margarine and sugar into flour
4. Add the dried fruit
5. Mix in the milk quickly using a knife
6. Bring together with fingertips and place onto a floured surface
7. Roll out to 2cm thick, cut into 6-7 scones
8. Place on baking sheet and bake in the oven for 10 minutes until well risen and golden brown

