



Breakfast muffins



Ingredients:

1 small carrot OR 1 apple
130g self-raising flour
1 teaspoon baking powder
60g white caster sugar
1 teaspoon cinnamon or mixed spice
1 egg
110ml semi skimmed milk
3 tablespoons vegetable oil

Equipment needed

Mixing Bowl, muffin cases x6,
measuring Jug and tablespoon

Practical Skills

Weigh measure, peel, grate, sift
whisk, combine, divide, bake.

Method:

1. Preheat oven to fan 180c.
2. Prepare your washing up bowls.
3. In metal bowl, 130g self raising flour, 1 tsp baking powder, 60g sugar and 1 tsp chosen spice.
4. Measure 80ml milk into measuring jug. Add egg and 2 tablespoons oil, beat with a fork. Wash hands after touching raw egg.
5. Prepare fruit/vegetable: top and tail carrot and peel **OR** wash apple grate the carrot/apple and leave on board.
6. Pour all liquid ingredients into the dry mixture. Stir just until combined, scraping sides and bottom of the bowl as you stir, only about 30 seconds. The batter will be lumpy but no dry flour should be visible. Do not over stir.
7. Add the grated carrot/apple. Mix gently.
8. Divide the mixture equally in 6 muffin cases.
9. Bake for 15 - 20 minutes. Place onto a cooling rack.





Breakfast muffins

1 tsp



60g



1 tsp



130g



In a large bowl, sift together: flour, baking powder and sugar along with your chosen spice

1 egg



2 tablespoons



80ml



Measure milk into measuring jug. Add milk and oil, beat with a fork.



1



1

Prepare fruit or vegetables: peel, top and tail carrot or wash apple. Grate onto white chopping board.



Pour all liquid ingredients into the dry mixture and mix.



Add the grated carrot or apple to the muffin mixture. Stir gently.



Divide the mixture equally in to 6 cases. Bake for 15 - 20 minutes



Jollof Rice



Ingredients:

2 tbsp oil
½ onion
½ pepper
100g tinned chopped tomatoes
1 teaspoon tomato purée
1 garlic clove
1 teaspoon curry powder
70g long-grain rice, rinsed
1 teaspoon chicken or vegetable stock
100ml boiling water

Equipment needed

White chopping Board and knife,
measuring jug, sieve, silicone spoon,
garlic press, black saucepan with lid

Practical Skills

Chopping (Bridge and Claw), Peeling,
Simmering, Weighing and measuring

Method:

1. Prepare yourself and your area – think back to our practical health and safety rules.
2. Wash your rice with cold water in a sieve over the sink to remove starch.
3. Dice your onion and pepper finely using bridge and claw hold.
4. Peel and crush the garlic.
5. Add your spices to the tinned tomatoes in a plastic bowl.
6. Make you stock in a measuring jug with 1 teaspoon stock and 100ml boiling water.
7. Heat the oil in a pan and then add onions, peppers and garlic and cook for 3-4 minutes. Add spices and seasoning, 1 teaspoon tomato puree, 100g tinned tomatoes and stock.
8. When it begins to boil, add washed rice to the pan, mix well and cook until it comes to the boil again.
9. Turn the heat down to 2 and put the lid on. Leave to simmer slowly and cook until rice is soft and liquid has evaporated. Remove from the heat when cooked.



Gingerbread people



Ingredients:

50g baking block
3 tsp golden syrup
50g muscovado sugar
¼ tsp bicarbonate of soda
1 tsp ground ginger
½ tsp ground cinnamon
110g plain flour
1 container for gingerbread people.
100g icing sugar (optional AT HOME)

Equipment needed (provided by school)

Baking tray, mixing bowl, saucepan, measuring spoons, wooden spoon, rolling pin, flour dredger, biscuit cutters, oven gloves, cooling rack.

Practical Skills

Weigh. Measure. Sift. Whisk. Melt. Mix. Roll out. Cut out. Decorate. Bake.

Method

1. Heat the oven to 170C.
2. Heat butter, syrup and sugar in saucepan until melted, cool.
3. Add the bicarb, ginger, cinnamon and flour to mixing bowl.
4. Pour syrup mixture and stir, then use hands to bring together to form dough.
5. Roll the dough into a rectangle, to a thickness of ½cm.
6. Cut out shapes using a shaped cutter.
7. Place the shapes, apart, on baking sheet, and bake for 8-10.
8. Leave to cool completely on the baking sheet.
9. **AT HOME**, mix the icing sugar with 1-2 tbsp water – you want to create a consistency that's thick to decorate biscuits with icing.



Gingerbread people



50g



3 teaspoons



50g



Heat the oven to 170C.

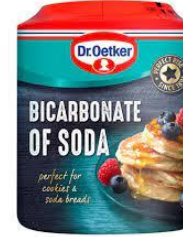
Heat 50g baking block, 3 tsp syrup and 50g sugar in saucepan until melted (no.3), leave to cool.



1 tsp



1/2 tsp



1/4 tsp



Add 1 tsp bicarbonate of soda, 1 tsp ginger, 1/2 cinnamon and 110g plain flour to mixing bowl.



Pour syrup mixture and stir, then use hands to bring together to form dough.



Roll the dough into a rectangle, to a thickness of 1/2cm.



Cut out shapes using a shaped cutter. Place the shapes, apart, on baking sheet, and bake for 8-10 minutes.



Leave to cool completely on the baking sheet. Add icing if time allows.



Frittata



Ingredients:

1 egg
2 tbsp milk
Seasoning; pinch salt, pepper, herbs, chilli

Optional

¼ pepper (diced)
1 slice ham (shredded)
¼ onion (diced)
1 tablespoon cheese (grated)
1 tablespoon sweetcorn

Equipment needed (provided by school)

Measuring jug
Fork and tablespoon
White chopping board
Sharp knife
Foil container

Practical Skills

Beating, baking, measuring, seasoning.

Method

1. Heat oven to 180c.
2. Crack 1 egg into a measuring jug and add 2 tbsp milk. Beat well.
3. Season and mix again.
4. Prepare your chosen ingredients by slicing or dicing (check the ingredients list).
5. Add chosen ingredients (not the cheese) to the jug and mix. Pour into the foil container.
6. Sprinkle 1 tbsp cheese on top.
7. Place onto a baking tray with your peers (4 to a tray with your initials underneath) and bake in the oven for 10-12 minutes.

Now get cleaning and tidying!



Frittata



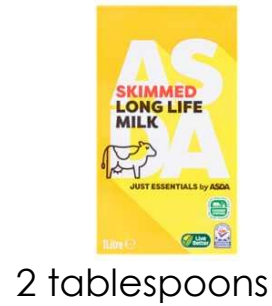
Heat oven to 180c.

Check the light is on and the correct temperature.



Add chosen ingredients (**not the cheese**) to the jug and mix. Pour into the foil container.

Sprinkle 1 tbsp **cheese on top**.



2 tablespoons



1 egg

Crack 1 egg into a measuring jug and add 2 tbsp milk. Beat well with fork . Season and mix again.



¼ pepper



¼ onion



2 tablespoons
grated cheese



1 slice ham



1 tablespoon
sweetcorn

Prepare your chosen ingredients by slicing or dicing (check the ingredients list).



Place onto a baking tray with your peers(4 to a tray with your initials underneath) and bake in the oven for 10-12 minutes.



Leave to cool.



Apple crumble

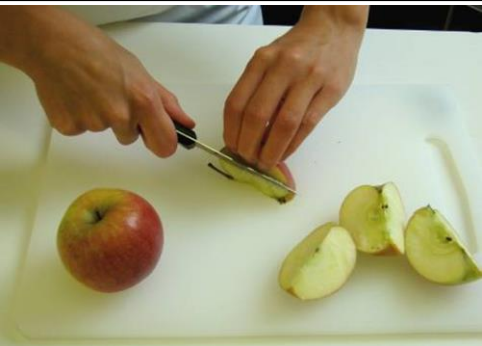


Ingredients:

25g butter or hard baking fat
50g plain flour
25g oats
2 tsp sugar
1 eating apple
20g sultanas (optional)

Equipment needed

Mixing bowl, Wooden spoon, Chopping board, Knife, foil tray



Method

1. Preheat oven to 190°C or gas mark 5.
2. Rub the fat into the flour until it resembles breadcrumbs.
3. Stir in the oats and 1 tsp sugar.
4. Cut the apples into quarters and remove the core. Slice thinly.
5. Arrange the apple slices in an oven proof/foil tray dish on a baking tray, and then add the sugar, cinnamon and sultanas.
6. Sprinkle the crumble topping over the apple slices.
7. Bake for 20 – 25 minutes, until the apples are soft and the crumble is golden.



scone based pizza

Ingredients:

150g self raising flour
25g hard baking block/butter
1 egg
50ml milk
3 tablespoons passata sauce
¼ teaspoon mixed herbs
40g cheese
Optional:
¼ teaspoon garlic granules
25g sweetcorn
1 slice ham/vegan ham (shredded/sliced)

Equipment needed

Baking tray, metal bowl, measuring jug,
small bowl, fork, palette knife, spoon,
Pepper/ham: chopping board, knife

Practical Skills

Weigh, measure, sift, rub in, whisk, mix, form and shape,
slice, bake.

Method

1. Preheat oven to 200°C.
2. Add flour into the bowl. Add butter and cut up into smaller cubes.
3. Rub fat into the flour until breadcrumbs.
4. Whisk egg and milk together in a small bowl with fork.
5. Add egg mixture to the flour and mix together to form a soft dough with a palette knife.
6. Flatten out the dough on parchment paper to form a large circle. Transfer the dough to the baking tray.
7. Spread the passata sauce over the dough using the back of a spoon then sprinkle on mixed herbs and garlic if using.
8. Add prepared toppings evenly spaced over the sauce.
9. Sprinkle the cheese over the top of the pizza.
10. Place the pizza in the oven and bake for 10 – 15 minutes, until golden brown.



Hob no.4

scone based pizza

Rubbing in

25g butter

150g flour



1 egg 50ml milk



Preheat oven 200°C. Flour and butter in bowl, cut butter then rub in until breadcrumbs.

Whisk egg and milk together in a small bowl with fork.

Add egg to the flour and mix together into a soft dough with palette knife.



Add toppings



Bake 10-15 min

Flatten out dough on parchment paper into a circle. Transfer dough to the baking tray.

Spread passata sauce over dough using back of spoon, sprinkle mixed herbs/garlic if using. Add toppings.

Sprinkle **40g cheese** over the pizza. And place in the oven for 10 – 15 minutes, until golden brown.



Pasta bake



Ingredients:

½ pepper
½ onion
1 clove garlic
90g penne pasta
1 x tablespoon oil
100g tinned chopped tomatoes
1 teaspoon tomato puree
¼ teaspoon dried herbs
Pinch of sugar
Seasoning
40g cheese
1 x tablespoon cream

Equipment needed

Chopping board, sharp knife, garlic press, silver saucepan, frying pan/black pan, silicone spoon, colander, small foil dish

Practical Skills

Weigh, measure, slice and dice, peel crush, simmer, boil, saute, drain, grill, mix and combine.

Method

1. Half fill a saucepan with water and bring to the boil, add the pasta and cook for 10-12 minutes.
2. Prepare the ingredients:
3. -deseed and dice the pepper;
4. -peel and dice the onion;
5. -peel and crush the garlic;
6. Heat oil in a frying pan, add the peppers, onion and garlic and sauté gently for about 5 minutes until the peppers and onion are soft.
7. Stir in the chopped tomatoes, tomato puree, seasoning and sugar. Simmer for 5 – 10 minutes.
8. Drain the pasta add to foil container. Add sauce on top and then cheese.
9. Heat the grill (two triangles). Place the dish under the grill and cook until lightly browned **DOOR STAYS OPEN.**



Pasta bake

Cook 10-12 minutes.



Hob no.6

½ pepper each



½ onion each



1 garlic clove each



half fill with water

Half fill a saucepan with water and **bring to the boil**, add the pasta and cook for 10-12 minutes.

Deseed and dice the pepper; Peel and dice the onion; Peel and crush the garlic;



Hob no.4

Heat oil in pan, add peppers, onion and garlic and sauté for 5 minutes until the peppers and onion are soft.

1 tub tomatoes per pair



colander

Drain the pasta add to foil container. Add sauce on top and then cheese.

Add 40g cheese



Grill medium heat 2-3 minutes

Stir in the chopped tomatoes, tomato puree, seasoning and sugar. Simmer for 5 – 10 minutes. **Add 1 tablespoon cream** per person.

Heat the grill (two triangles). Place the dish under the grill and cook until lightly browned **DOOR STAYS OPEN**.



Chilli con carne method



Ingredients:

½ onion
1 clove garlic
½ pepper
100g minced beef
1 tsp beef stock
100ml boiled water
½ tin red kidney beans
1 tablespoon tomato puree
1 teaspoon chilli powder

Equipment needed

Black saucepan
Silicone spatula
Garlic press (between 2)
White chopping board and knife

Practical Skills

Weighing, dicing, reducing, draining, mixing.

Key words:

Reduced: thickened

Dry fry: using no oil

Method

1. Peel and dice the onion; peel and crush the garlic; deseed and dice the pepper.
 2. Heat pan no.4. Dry fry the onion, garlic and minced beef until the mince has browned. Turn down to heat no.2.
 3. Add stock powder to the pan with 100ml boiling water (teacher will provide). Stir well.
 5. Add 2 tablespoons drained red kidney beans, 1 tsp tomato purée, diced pepper and seasonings.
 8. Bring to the boil then reduce the heat and simmer for 10-15 minutes until reduced.
- Now get cleaning and tidying!



Chilli con carne method



Dice onion



Dice pepper



Crush garlic



Dry fry peppers, onions, garlic and beef



Add stock powder and boiling water



2 tablespoons beans and 1 tablespoon puree



Paprika, chilli flakes, salt and pepper



Reduce