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Recipe



Apple and sultana filo parcels

This recipe makes approximately 12 parcels.

Ingredients

- 50mls Vegetable oil
- 2 Dessert apples - cored and chopped
- 1 Lemon - grated zest and juice
- 50g Sultanas
- 15g Soft brown sugar
- 1/2 Teaspoon cinnamon
- 1 Pack filo pastry
- Icing sugar - for dusting (optional)

Equipment

- Chopping board
- Sharp knife
- Grater
- Lemon squeezer
- Small bowl
- Mixing bowl
- Tablespoon
- Teaspoon
- Pastry brush
- Baking tray
- Sieve

How to make it

- 1** Heat the oven to 290°C/Gas 5.
- 2** Place the prepared apples in a mixing bowl and pour on the lemon juice. Add the sultanas, brown sugar and the lemon zest and mix well using the tablespoon.
- 3** Take a sheet of filo pastry and fold it in half lengthways. Brush the pastry lightly with vegetable oil.
- 4** Place 1 tablespoon of the fruit mixture on the end of the strip of pastry nearest to you. Fold pastry in triangles.
- 5** Place parcels on a baking sheet and brush on top lightly with a little vegetable oil.
- 6** Bake for 10 - 15 minutes until golden-brown. Place the cooked parcels on a cooling tray.
- 7** Serve the parcels on a plate dusted with icing sugar.

Hot tip

- Keep filo pastry covered with cling-film to prevent it from drying out.
- Try other combinations of fruit as they come into season, such as plums or peaches.



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Recipe



Apple galettes

This recipe makes 6 - 8 individual galettes.

Ingredients

- 500g Ready-made puff pastry
- 25g Plain flour – for rolling
- 100g Ground almonds
- 3 Tablespoons apple juice
- 2 – 4 Dessert apples – cored and thinly sliced
- 1 Lemon – squeezed
- 2 Tablespoons clear honey
- 3 Tablespoons warm apricot jam

Equipment

- Rolling pin
- Flour dredger
- 10cm Plain cutter
- Sharp knife
- Chopping board
- 2 Small bowls
- Teaspoon
- Tablespoon
- Lemon squeezer
- Pastry brush
- Baking tray – lightly greased

How to make it

- 1** Heat the oven to 200°C/Gas 6. Dust the work surface with a little flour. Roll the pastry out to a thickness of a £1 coin.
- 2** With the cutter, stamp out the bases of the galettes. Place them, a little apart, on a baking tray.
- 3** Mix the ground almonds and apple juice to a paste. Use the rounded 'bowl' of a teaspoon to spread each pastry circle with the almond mixture (leave a 1cm edge all the way round).
- 4** Cut the apple into thin slices and toss in the lemon juice to prevent browning. Arrange the apple slices carefully on top of the paste.
- 5** Brush the apple slices with honey and bake them for 15 minutes until the pastry is golden-brown.
- 6** Brush the cooked pastries with apricot jam and allow them to cool a little. Serve cold or warm with crème fraîche or ice cream.



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Recipe



Basic muffin

for Recipe Development

This recipe makes 6.

Ingredients

- 150g Self raising flour
- 1/2 Teaspoon baking powder
- 75g Sugar
- 1 Medium egg
- 3 Tablespoons vegetable oil
- 150ml Milk

Equipment

- Measuring jug
- Mixing bowl
- Fork
- Dessertspoon
- Tablespoon
- Teaspoon
- Plastic spatula
- Muffin cases
- Muffin tins

How to make it

- 1** Heat the oven to 190°C/Gas 5. Prepare the muffin tins by lining them with the muffin cases if using them.
- 2** In a large bowl, mix together the flour, baking powder and sugar. (Try using different types of sugar, granulated, caster or soft brown sugar.)
- 3** In a measuring jug, beat the egg, milk, vanilla extract and oil lightly with a fork.
- 4** Pour all of the liquid ingredients into the dry ingredients. Stir with the tablespoon until only just combined, scraping the sides and bottom of the bowl as you stir.
- 4** With a dessertspoon, 3/4 fill each muffin case with the mixture. Bake for 15 - 20 minutes. (The muffins will be cooked when they are lightly browned and spring back when touched.)

Critical Control Points

- Measure and weigh accurately.
- Have the dry ingredients weighed and ready in a bowl and the wet ingredients measured and ready in a measuring jug. Mix together just before you are ready to cook the muffins.
- Take care not to over mix.
- Add any whole fresh fruit, grated cheese, fruit or vegetables to the flour mix just before adding the oil and milk mixture.



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Recipe



Bread rolls

This recipe makes 6 - 8 rolls.

Ingredients

- 225g Strong white plain flour
- 1 x 7g Micro-fine dried yeast
- 150ml Warm water (NOT HOT) or milk
- 1 Tablespoon olive oil
- Extra flour - for kneading and sprinkling
- Oil - for greasing

Equipment

- Mixing bowl
- Measuring jug
- Tablespoon
- Wooden spoon
- Flour dredger
- Baking tray - greased and floured

How to make it

- 1** Put the flour and yeast in the mixing bowl. Stir to combine the ingredients. Make a 'well' in the centre of the dry ingredients.
- 2** Add all the warm water (or milk) and olive oil and mix the ingredients to a soft dough.
- 3** On a lightly floured surface, knead the dough until it develops a soft, elastic and smooth texture. Heat the oven to 220°C/Gas 7.
- 4** Divide the dough into 6 or 8 even-sized pieces. Knead each portion to form a round bread roll.
- 5** Place the rolls on the prepared baking tray. Set aside in a warm place to rise until twice their size.
- 6** Bake the rolls for 10 - 15 minutes until golden-brown and sounding hollow when tapped underneath.



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Recipe



Breadsticks

Breadsticks are an ideal accompaniment to soups, salads and dips.
They can also be eaten on their own as a snack.

Ingredients

- 225g Plain flour
- 1 x 7g Sachet easy blend microfine yeast
- 150ml Warm water
- 2 Tablespoons olive oil
- 1 Level teaspoon salt
- Extra flour for kneading
- Extra olive oil for brushing the sticks
- 1 Tablespoon poppy seeds or sesame seeds (optional)

Equipment

- Mixing bowl
- Measuring jug
- Tablespoon
- Teaspoon
- Wooden spoon
- Flour dredger
- 3 Baking trays
- Cooling tray

How to make it

- 1** Put the flour in the mixing bowl. Add the dried yeast and stir.
- 2** Pour the oil and warm water into the flour. With a wooden spoon, mix to a soft dough.
- 3** Divide the mixture into 24 pieces. With your hands roll each into long thin sausage shapes.
- 4** Heat the oven to 220°C/Gas 7. Place on to 3 greased baking trays. Brush with olive oil and sprinkle the sticks with the chosen seeds. Leave to rise for 10 minutes.
- 5** Bake for 10 – 15 minutes until crispy and golden-brown.
- 6** Remove from the baking trays and place on a cooling tray.

Hot tip

- Ensure that the water is warm, not hot.
- Store the breadsticks in an airtight tin once they are cool.



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Recipe



Broccoli and basil soup

This recipe serves 3 – 4.

Ingredients

- 1 Medium onion – peeled and chopped
- 1 Garlic clove – peeled and crushed
- 1 Large potato – peeled and diced
- 1 Tablespoon olive oil
- 1 Vegetable stock cube or 1 tablespoon vegetable bouillon (reduced salt, if possible)
- 1 Large head of broccoli – broken into florets
- 1 Bunch fresh basil – torn into pieces
- 150 – 300ml Skimmed milk
- Ground black pepper

Equipment

- Saucepan and lid
- Chopping board
- Sharp knife
- Blender
- Wooden spoon

How to make it

- 1** Fry the onion and garlic in olive oil for 5 minutes then add the diced potato and fry for a further 5 minutes, stirring to prevent browning.
- 2** Make up the vegetable stock with 600ml boiling water.
- 3** Add the vegetable stock and the broccoli florets. Bring back to the boil and simmer for 15 – 20 minutes until the potato and broccoli are tender.
- 4** Add a bunch of torn basil and 150ml milk. Ladle the soup into the blender goblet. Whizz until smooth. If necessary, thin it down with milk. Season the soup with black pepper, serve piping hot.



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Recipe

Bruschetta

Bruschetta is a toasted bread snack. Crusty bread is toasted and flavoured with garlic, drizzled with olive oil and piled with tomato.

This recipe serves 2 – 4 people.

Ingredients

- 2 Slices of ciabatta or French bread
- 1 Garlic clove – peeled and halved
- 4 Cherry tomatoes – halved
- 1 Dessertspoon olive oil
- 25g Cheese – finely grated
- A little fresh basil to garnish (optional)

Choose from one or two of the ingredients below to add to the tomato topping

- 1/2 Tablespoon green or red pepper – finely chopped
- 1/2 Tablespoon canned sweetcorn – drained
- 1/2 Tablespoon pitted olives – sliced
- 1/2 Spring onion – trimmed and finely chopped

Equipment

- Chopping board
- Bread knife
- Sharp knife
- Grater
- Dessertspoon
- Teaspoon
- Baking tray

How to make it



Lightly toast the bread on both sides. Rub both sides of the bread with the garlic clove halves and then place the slices of bread on the baking tray.



Heat the oven to 200°C/Gas 6.



With a teaspoon, drizzle a little olive oil on to the bread.



Arrange the chopped tomato and one or two of the optional ingredients on top of the bread. Sprinkle with cheese.



Bake in the oven for 5 – 10 minutes until the Bruschetta is hot and the cheese is bubbling. Garnish with torn basil leaves and serve warm.



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Recipe



Butternut rice loaf

This recipe serves 4.

Ingredients

- 750g Butternut squash
- 2 Tablespoons olive oil
- 1 Medium-sized onion – peeled and chopped
- 1 Leek – washed and finely sliced
- 150g Chestnut mushrooms – sliced
- 150g Basmati rice – cooked and cooled
- 50g Parmesan cheese – grated
- 50g Pumpkin seeds – toasted
- 1 Medium-sized egg – beaten
- 3 – 4 Savoy cabbage leaves – blanched
- Freshly ground black pepper

Equipment

- Sharp knife
- Chopping board
- Baking tray – lightly oiled
- Tablespoon
- Large saucepan
- 900g Loaf tin – lightly greased
- Wooden spoon
- Mixing bowl
- Grater
- Sharp knife
- Serving plate

How to make it

- 1** Heat the oven to 200°C / Gas 6. Cut the stalk end off the squash and then cut the squash in half from stalk end to base.
- 2** Scoop out the seeds and place both halves, cut sides down, on the oiled baking tray. Bake for 30 – 40 minutes until tender throughout. Leave to cool.
- 3** Heat the olive oil in the saucepan. Add the onion and leek and fry gently until softened. Add the mushrooms and cook for 5 – 6 minutes.
- 4** In a mixing bowl, combine the rice and softened vegetables. Mix in the pumpkin seeds and Parmesan cheese.
- 5** Scoop the cooled, cooked flesh from the squash halves. Discard the skins.
- 6** Roughly chop the cooked squash, then, with the egg, mix it into the other ingredients until thoroughly combined. Season well.
- 7** Line the greased loaf tin with blanched cabbage leaves, overlapping each leaf slightly. Spoon the rice and squash mixture into the loaf tin and press down lightly.
- 8** Smooth the top. Bake the rice loaf for 25 – 30 minutes, and then leave it to cool for 5 – 10 minutes before turning it out on to a serving plate.
- 9** Use a sharp knife to cut the loaf into slices.



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Recipe

Caramelised onion mini tartlets

This recipe makes 4–6 tartlets

Ingredients

For the pastry

- 200g Plain flour
- 100g Margarine
- 6 – 8 Teaspoons cold water
- Flour for rolling out

For the filling

- 5 Tablespoons oil
- 900g Onions – peeled and thinly sliced
- 3 Large eggs – beaten
- 300ml Soured cream
- 225g Cheddar cheese – grated
- Pepper
- 1/2 Teaspoon ground nutmeg

Equipment

For the pastry

- Mixing bowl
- Round-bladed knife
- Tablespoon
- Teaspoon
- Measuring jug
- Flour dredger
- Rolling pin
- 9cm Tartlet tins – greased

For the filling

- Chopping board
- Vegetable knife
- Large saucepan
- Measuring jug
- Grater
- Fork
- Teaspoon
- Wooden spoon
- Baking sheet

How to make it



Make the pastry by cutting the margarine into the flour and rubbing it in with the fingertips to form breadcrumbs. Add 6 teaspoons water and mix with a round-bladed knife.



Roll the pastry out carefully taking care not to over-handle or stretch it. Divide the pastry into 4 – 6 equal-sized pieces and roll out individually and line each tin separately. Place pastry cases in the refrigerator to rest for 30 minutes.



Heat the oven to 190°C /Gas 5. Heat the oil in the saucepan and fry the onions slowly until golden brown and caramelized. This takes about 20 minutes. Stir occasionally. Allow to cool.



Mix the grated cheese and soured cream together and add the beaten egg and pepper.



Mix the cooled onions into the cream and cheese mixture. Pour/spoon into pastry cases. Sprinkle grated nutmeg on the top. Place on a baking sheet. Bake immediately. When the tartlets are golden-brown and firm to the touch, remove from the oven and cool slightly.



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Recipe



Carrot and leek soup

This recipe serves 6.

Ingredients

- 1 Large leek
- 200g Carrots
- 1 Tablespoon olive oil
- 500ml Vegetable stock
- Black pepper

Equipment

- Chopping board
- Sharp knife
- Saucepan in lid
- Tablespoon
- Measuring jug

How to make it

1 Trim the base of the leek. Split it lengthways to the centre and wash well under running cold water to remove any dirt or grit.

2 Shred the leek and slice the carrots.

3 Heat the oil on a low heat in the saucepan and fry the vegetables gently, cover the pan and sweat the leeks and carrots for 5 minutes.

4 Add the stock, bring to the boil and simmer until the carrots are soft.

5 Cool before blending.

6 Return to the pan, reheat, check the seasoning. If too thick either use a little milk or some more stock to get it to the consistency you require.



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Recipe



Cheese lunchtime wraps

Wraps are ideal for a lunchbox.

This recipe makes 2.

Ingredients

- 1 Tablespoon hummus or cream cheese
- 2 Wheat tortilla wraps
- Mixed salad leaves
- 6 Cherry tomatoes – halved
- 50g Crumbled or grated cheese
- A small amount of diced cucumber

Equipment

- Tablespoon
- Table knife
- Chopping board
- Sharp knife

How to make it

- 1** Spread the hummus or cream cheese over the two wraps.
- 2** Scatter the salad leaves over the middle of the wrap and top with tomatoes and cucumber.
- 3** Divide the cheese between the wraps.
- 4** Fold over two opposite sides to seal the edges and then roll up firmly to enclose the filling. Cut in half to serve.

Variations

- Try adding chopped spring onions or red pepper, tuna or other favourite ingredients.
- Any unused wraps from the packet can be frozen to use another day.



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Recipe

Chorley cakes

This recipe makes 9 Chorley cakes.

Chorley Cakes are a close relative of another Lancashire treat, Eccles Cakes. Chorley cakes are less sweet and made with a butter short crust pastry. They can be eaten spread with butter or a slice of Lancashire cheese.

Ingredients

- 150g Self raising flour
- 75g Butter at room temperature- cubed
- 8 Full teaspoons cold water
- 50g Currants
- 20g Caster sugar
- 1 Egg - beaten

Equipment

- 2 Mixing bowls
- Teaspoon
- Small palette knife
- Wooden spoon
- Table knife
- Flour dredger
- Rolling pin
- Straight edged circular pastry cutter
- Baking tray
- Small bowl
- Fork
- Pastry brush

How to make it

- 1** Heat the oven to 180°C fan/gas 6/200°C.
- 2** Sieve the flour into a bowl and add the butter. Use a fork to start to cut the butter into the flour. Finish by using your finger tips to make the butter and flour look like dry breadcrumbs.
- 3** Add the water making sure they are full teaspoons and mix into the flour with a small palette knife. Bring together into a ball of dough using your hands. Leave to rest while you make the filling.
- 4** Mix together the currants and sugar in a mixing bowl.
- 5** Roll out the pastry, you do not want the pastry too thin at this stage about the thickness of a pound coin.
- 6** Cut out as many 6cm circles as possible, then bring the pastry together and roll once more. Cut as many 6cm circles as possible from the second rolling. You will need an even number of circles.
- 7** Mix together the currants and the sugar.
- 8** Place one circle on the table and brush lightly with beaten egg.
- 9** Place a teaspoon of the sugar and currant mixture in the middle of the egg washed circle.
- 10** Place another circle of pastry over the 1st one and push the edges gently together. Then pick up the small pastry 'cake', carefully pinch the pastry sides together.
- 11** Gently roll out the cake to an 8cm circle, the currants will show through. Place on a baking tray and brush with the beaten egg. Make the other 8 Chorley Cakes in this way.
- 12** Bake for 15 mins, until golden brown.



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Recipe

Christmas cranberry purses

The filling can be made and used straightaway or will keep in the refrigerator for up to a week. This recipe makes approximately 12 purses.

Ingredients

- 1 Pack filo pastry
- 50mls Vegetable oil
- Icing sugar - for dusting (optional)
- For the Filling**
- 175g Cooking apples - prepared weight
- 25g Unsalted butter
- 75g Light soft brown sugar
- 125ml Orange juice
- 1/2 Level dessertspoon mixed spice
- 1/4 Teaspoon ground cinnamon
- 1/4 Teaspoon ground ginger
- Pinch freshly grated nutmeg
- 100g Sultanas
- 100g Raisins - seedless
- 50g Dried cranberries
- 50g Mixed peel
- Grated zest of 1 orange

Equipment

- Chopping board
- Sharp knife
- Grater
- Lemon squeezer
- Saucepan
- Wooden spatula
- Small bowl
- Mixing bowl
- Tablespoon
- Teaspoon
- Pastry brush
- Baking tray
- Sieve
- 4 clean and dry jam jars with lids or cellophane seals (for the cranberry filling)
- Plate

How to make it

- 1** For the filling, peel and finely dice the cooking apples. Gently melt the butter with sugar, orange juice and spice in a large saucepan.
- 2** Add the chopping apples and all remaining ingredients to the pan and bring to the boil. Simmer with the lid on, for 15 minutes.
- 3** Remove the pan lid, stir and then simmer for a further 10 - 15 minutes until the filling has thickened and the apples are soft.
- 4** Carefully spoon the mincemeat into the clean jars, seal and allow to cool. When completely cold, store the jars of mincemeat in the refrigerator for up to a week.
- 5** For the purses, heat the oven to 190°C/Gas 5.
- 6** Cut the pastry into 15cm squares. Using 3 squares at a time, brush each sheet very lightly with the vegetable oil and layer them with the corners slightly offset.
- 7** Place 1 tablespoon of the filling in the centre of the pastry stack and then gather up the edges and pinch them together at the top to enclose the filling, forming 'purses'.
- 8** Bake for 10 - 15 minutes until golden brown. Place the cooked parcels on a cooling tray.
- 9** Serve the parcels on a plate dusted with icing sugar.

Hot tips

- Keep filo pastry covered with cling-film to prevent it from drying out.



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Recipe



Corn bread

This recipe makes 12 individual muffins.






Ingredients

- 100g Plain white flour
- 1 Level tablespoon baking powder
- 100g Polenta (corn meal)
- 50g Cheddar cheese - grated
- 25g Parmesan cheese - grated
- 300ml Milk
- 2 Medium-sized eggs - beaten
- 50ml Sunflower oil

Equipment

- 2 x 6 Hole muffin moulds
- 12 Paper muffin cases
- Baking tray
- Grater
- Mixing bowl
- Tablespoon
- Measuring jug
- Small bowl
- Fork
- Wooden spoon
- Cooling rack

How to make it

-  Heat the oven to 200°C /Gas 6. Place the muffin cases into the muffin mould (if using a silicone muffin mould this is not necessary).
-  Mix the dry ingredients, including the cheese, in a mixing bowl. Make a 'well' in the centre.
-  Pour all the milk, eggs and sunflower oil into the dry ingredients and mix well.
-  Pour the mixture back into the measuring jug and then pour evenly into the 12 muffin moulds. The mixture should be quite liquid.
-  Bake for 15 - 20 minutes until risen and lightly browned. Remove from the muffin moulds and leave to cool.

Hot tips

1. Bake as soon as the mixture is made because the baking powder starts to react when the liquid is added.
2. Add 4 or 5 finely chopped dried tomatoes to the corn meal and flour mixture.
3. Add a finely chopped chilli to the corn meal and flour mixture.
4. Add a tablespoon of finely chopped herbs, such as coriander to the corn meal and flour mixture.



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Recipe



Cottage pie

This recipe serves 4 - 6.

Ingredients

For the meat sauce

- 1 Tablespoon vegetable oil
- 200g Lean minced beef (or minced Quorn, minced turkey or chicken)
- 1 Medium onion - peeled and finely chopped
- 1 Medium carrot - peeled and diced
- 1 Garlic clove – peeled and crushed
- 1 x 400g Can chopped tomatoes
- 3 Tablespoons tomato purée
- 1 Teaspoon dried oregano
- 1 Tablespoon Worcestershire sauce
- Black pepper
- ¼ Teaspoon ground sea salt

For the topping

- 6 Medium potatoes - peeled and cut into 2cm small dice
- 3 Tablespoons milk

Equipment

- Large saucepan with lid
- Sharp knife
- Chopping board
- Wooden spoon
- Tablespoon
- Teaspoon
- Vegetable peeler
- Medium saucepan
- Colander/sieve
- Potato masher
- Ovenproof dish
- Fork

How to make it



Put the vegetable oil into the saucepan and add the onion and garlic. Cook over a medium heat until the onions are soft and golden brown.



Add the meat and carrot and cook them over a medium for about 5 minutes or until the meat is no longer pink.



Add the tomatoes, tomato purée, oregano, Worcestershire sauce, salt and pepper. Bring the mixture to the boil, reduce the heat, and simmer for 25 minutes.



Meanwhile, heat the oven to 180°C/Gas 4. Cook the potatoes in a large pan of boiling water for 15 minutes or until tender. Drain well and add the milk and mash with a potato masher until smooth. Season to taste.



Transfer the meat sauce to an ovenproof dish.

Spoon the mashed potato on top. Use a fork to roughen the surface. Bake for 15 - 20 minutes or until the potato is golden-brown.



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Recipe



Courgette, onion and cheese bread







Ingredients

- 225g Strong plain white flour
- 1 x 7g Sachet easy blend dried yeast
- 1 Small courgette - grated
- 1 Tablespoon sunflower oil or rapeseed oil
- 1 Small onion - peeled and chopped finely
- 50g Cheddar cheese - grated
- 150ml Lukewarm water
- 1 Tablespoon olive oil
- A little extra flour for dredging

Equipment

- Chopping board
- Sharp knife
- Frying pan
- Mixing bowl
- Teaspoon
- Wooden spoon
- Grater
- Measuring jug
- Tablespoon
- Fork
- Flour dredger
- Baking tray

How to make it

-  Fry the chopped onion in the sunflower oil until soft, but not brown. Leave to cool.
-  Put the flour and yeast in the mixing bowl. Add the grated courgette, cooked onion and grated cheese.
-  Add the olive oil to the flour mixture then add enough warm water to the ingredients in the mixing bowl to form a soft dough.
-  Knead the dough thoroughly on a floured surface until it is smooth and springy.
-  Divide the dough into 8 even sized pieces. Shape each piece into rounds and knead until smooth bread roll shapes. Place on to a floured baking tray and set aside in a warm place to rise to approximately twice the size.
-  Heat the oven 220°C/Gas 7. Once the breadrolls have risen, bake for 10 - 15 minutes until golden brown.



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Recipe



Early years' fruit muffin

This recipe makes 6.

Ingredients

- 1/2 Cup self-raising flour
- 1/2 cup whole wheat flour
- 1/3 cup caster sugar
- 1 egg
- 1/3 cup milk
- 1/3 cup vegetable oil
- 1/2 cup blueberries

Equipment

- Measuring jug
- Mixing bowl
- Fork
- Dessert spoon
- Tablespoon
- Teaspoon
- Plastic spatula
- Muffin cases
- Muffin tins

How to make it



Heat the oven to 190°C/Gas 5. Prepare the muffin tins by lining them with the muffin cases if using them.



In a large bowl, mix together the flour, baking powder and sugar. (Try using different types of sugar, granulated, caster or soft brown sugar.)



In a measuring jug, beat the egg, milk, vanilla extract and oil lightly with a fork.



Pour all of the liquid ingredients into the dry ingredients. Stir with the tablespoon until only just combined, scraping the sides and bottom of the bowl as you stir.



With a dessert spoon, 3/4 fill each muffin case with the mixture. Bake for 15 - 20 minutes. (The muffins will be cooked when they are lightly browned and spring back when touched.)

Critical Control Points

- Measure and weigh accurately.
- Have the dry ingredients weighed and ready in a bowl and the wet ingredients measured and ready in a measuring jug. Mix together just before you are ready to cook the muffins.
- Take care not to over mix.
- Add any whole fresh fruit, grated cheese, fruit or vegetables to the flour mix just before adding the oil and milk mixture.



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Recipe



Easter biscuits

This recipe makes 24 biscuits.

Ingredients

- 175g Butter
- 100g Caster sugar
- 1 Lemon - rind only, finely grated
- 1/2 Teaspoon mixed spice
- 2 Egg yolks
- 225g Plain flour
- 50g Currants
- 1 Egg white
- 20g Caster sugar

Equipment

- 2 Baking trays
- Saucer
- Small biscuit cutter
- Small bowl
- Mixing bowl
- Sieve
- Wooden spoon
- Grater
- 7.5cm Biscuit cutter
- Pastry brush

How to make it

- 1** Heat the oven 180°C/Gas 4 and lightly grease 2 baking trays.
- 2** Separate the yolks from the whites using a saucer and the small biscuit cutter to hold the yolk while you pour the white into a small dish.
- 3** Cream the butter, sugar, lemon rind and egg yolks together.
- 4** Add the mixed spice to the flour and sieve the flour and spice into the creamed butter mixture. Add the currants. Stir well to make a dough.
- 5** Chill in a fridge while the table is cleaned.
- 6** Lightly flour the work surface and roll out the dough. Cut out the biscuits using the 7.5cm cutter.
- 7** Lightly whisk the egg white and lightly brush the biscuits with the egg white and sprinkle a little extra sugar on the top.
- 8** Bake for 12 - 15 minutes until lightly browned.
- 9** Cool on a wire rack.



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Recipe



Eccles cakes

This recipe serves 16 eccles cakes.

Eccles cakes are a close relative of another Lancashire treat, Chorley Cakes. Eccles cakes are made using puff pastry and candied peel in the filling. They are richer than Chorley cakes.

Ingredients

- 500g block of Puff Pastry
- 25g butter
- 100g soft brown sugar
- ¼ Teaspoon grated nutmeg
- 50g candied peel
- 200g currants
- 25g caster sugar

Equipment

- Mixing bowl
- Wooden spoon
- Table knife
- Rolling pin
- Flour dredger
- Teaspoon
- Small bowl
- Pastry brush
- Baking sheet

How to make it

- 1** Heat the oven to 180°C fan/gas 6/200°C.
- 2** Cream the butter and sugar together until soft, then add in the candied peel, nutmeg and currants.
- 3** Divide the block of pastry into 16 even squares.
- 4** On a lightly floured surface, roll out each square until it is just big enough to cut a 98mm circle from it.
- 5** Put a teaspoon of the filling on the centre of each circle.
- 6** Dampen the edges of the pastry with a little cold water and then draw the edges over the filling and pinch together to seal.
- 7** Turn the Eccles Cake over and flatten slightly using the rolling pin.
- 8** Dampen the top and sprinkle with a little caster sugar.
- 9** Snip 'v' shapes in the top of each cake using scissors. Place on the baking tray. Bake for about 15 minutes until a golden colour.



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Recipe



Focaccia

Makes 1 large or 6 – 8 small focaccias.

Ingredients

- 225g Strong plain white flour
- 1 x 7g Sachet easy blend yeast
- 2 Tablespoons olive oil
- 150ml Warm water
- 3 Sprigs of fresh rosemary – divided
- 1 Tablespoon olive oil
- 1 Tablespoon plain flour for flouring the tin
- 2 Teaspoons of coarsely ground sea salt

Equipment

- Mixing bowl
- Measuring jug
- Wooden spoon
- Flour dredger
- Baking tray
– greased and floured
- Teaspoon
- Tablespoon

How to make it

- 1** Prepare the bread dough by mixing the flour and yeast together in a mixing bowl. Add the olive oil and water. Mix to a soft dough.
- 2** Knead the dough thoroughly until it is smooth and elastic.
- 3** Press the dough out into a 23cm round. Place it on the baking tray.
- 4** Heat the oven to 230°C/Gas 8. Leave the bread to rise for approximately 20 minutes.
- 5** Make indents with your fingertips all over the dough. Drizzle olive oil over the dough and put rosemary leaves in each hole and lightly sprinkle with the sea salt.
- 6** Bake for approximately 15 minutes until golden-brown.



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Recipe

Fresh fruit crumble cakes

This recipe makes 8 individual cakes.

Ingredients

For the sponge

- 50g Self-raising flour
- 1/4 Teaspoon baking powder
- 50g Soft margarine
- 50g Caster sugar
- 1 Medium sized egg - beaten
- 1 teaspoon of orange or lemon zest or a few drops of vanilla essence (optional)

Fruit layer

- 150g Fruit - rhubarb (chopped into small pieces), blueberries, raspberries, chopped strawberries, plums, peaches or nectarines (halved, stoned and chopped)

For the crumble

- 100g Plain flour
- 50g Butter at room temperature
- 50g Caster sugar

Variation

For Rhubarb and ginger crumble cakes add

- 15g Chopped crystallised ginger to the chopped rhubarb
- 1/2 Teaspoon ground ginger to the crumble topping mixture

Equipment

- 2 Mixing bowls
- 2 Tablespoons
- Wooden spoon
- Measuring jug
- Fork
- Grater or zester
- Sharp knife
- Chopping board
- Muffin tins and muffin cases

How to make it

- 1** Heat the oven to 180°C/Gas 4.
- 2** For the sponge, use the 'all-in-one' method and using a wooden spoon, mix together the flour, margarine, sugar and beaten egg until light and fluffy.
- 3** Grate the orange or lemon zest if using and add to the mixture, stirring thoroughly. Add vanilla essence to mixture if not using any zest.
- 4** For the crumble, rub the soft butter into the flour, using the fingertips, until it resembles breadcrumbs.
- 5** Stir in the caster sugar and set aside.
- 6** Prepare the fruit.
- 7** Divide the sponge between the muffin cases.
- 8** Place the prepared fruit on top of the sponge. Spoon the crumble mix over the top, so that the fruit is well covered.
- 9** Bake for 30 minutes, until golden brown and well risen.



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Recipe



French onion soup

This recipe serves 4 – 6.

Ingredients

- 25g Butter
- 2 Tablespoons olive oil
- 500g Onions (Spanish) – peeled and very thinly sliced
- 1 Dessert spoon golden caster sugar
- 1.5 Litres cold water
- 2 Beef stock cubes (or use 1 dessert spoon vegetable bouillon powder)
- Ground black pepper
- 4 – 6 Bread cruets

Equipment

- Heavy-based saucepan and lid
- Sharp knife
- Chopping board
- Tablespoon
- Dessert spoon
- Measuring jug
- Wooden spoon
- Baking tray
- Grater

How to make it

- 1** Heat the butter and oil in the pan, add the thinly sliced onions and stir well. Cover and cook until soft – about 10 – 12 minutes.
- 2** Add the sugar, stir and cook slowly for 15 – 20 minutes until the onions turn a deep golden-brown.
- 3** Add the stock and season to taste. Cover for a further 20 – 30 minutes.
- 4** Pour the piping-hot soup into a warm tureen. Place the hot cruets on top of the soup and serve straight away.

To make cruets: Slice French bread at a diagonal angle, rub each slice with garlic, drizzle with olive oil and bake until golden and crisp. Sprinkle coarsely grated Gruyère cheese on the top of each cruet and grill until melting.



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Recipe



Frittatas

This recipe makes 6 small frittatas.

Ingredients

- 2 Medium potatoes – cooked and diced
- 1 Tablespoon sun-dried tomato – finely chopped
- 2 Tablespoons sweetcorn
- 8 Fresh chives – finely chopped
- 4 Eggs – beaten
- 60mls Milk
- 1 Teaspoon worcestershire sauce
- 30g Cheddar cheese – finely grated
- Freshly ground black pepper

Equipment

- Flexible muffin moulds
- Baking tray
- Chopping board
- Vegetable knife
- Scissors
- Grater
- Mixing bowl
- Tablespoon
- Measuring jug
- Fork
- Table knife

How to make it



Heat the oven to 170°C/Gas 4. Place the muffin moulds on a baking tray.



Mix the potatoes, sun-dried tomato, sweetcorn and chives in a mixing bowl. Divide between the 6 muffin moulds.



In a measuring jug, beat the eggs with the milk, grated cheese, Worcestershire sauce and black pepper.



Carefully pour the egg mixture into the moulds until $\frac{3}{4}$ full.



Bake for 20 minutes until puffed, golden and set.



Leave to cool for a few minutes before carefully loosening with a knife. Carefully tip out onto a serving plate. Serve warm.



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Recipe



Fruit muffins

This mixture makes 6 large muffins,
12 medium-sized ones or 24 mini-muffins.

Ingredients

- 75g Self-raising flour
- 75g Wholemeal self-raising flour
- 50g Caster sugar
- 1 Egg – beaten
- 75ml Milk
- 75ml Vegetable oil
- 50 – 75g Fresh or frozen fruit
eg raspberries or blueberries

Equipment

- Mixing bowl
- Measuring jug
- Fork
- Tablespoon
- Dessert spoon
- Scraper
- Muffin cases
- Muffin tins or bun tins

How to make it



Heat the oven to 190°C / Gas 5. Prepare the muffin tins by lining them with the muffin cases or grease with a little oil.



In a large bowl, mix together the flours and sugar. Add the fruit.



In a measuring jug, beat the egg, milk and oil lightly with a fork. Pour all of the liquid ingredients into the dry ingredients and fruit. Stir with the tablespoon until only just combined, scraping the sides and bottom of the bowl as you stir.



With a dessert spoon, 3/4 fill each muffin case with the batter. Bake for 15 – 20 minutes. (The muffins will be cooked when they are lightly browned and spring back when touched.)

Hot tip

- Try adding mixed spice, nutmeg or cinnamon to the fruit to enhance the flavour of the muffins.
- Grated zest of an orange or lemon with apple or banana are delicious alternatives to the berries.



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Recipe



Glamorgan sausages

These vegetarian sausages are traditionally made with Caerphilly cheese. This is an excellent recipe to use when looking at food in World War 2.

Ingredients

- 250g Potatoes – peeled, boiled and mashed without milk or butter
- 150g Cheddar cheese – grated
- 1 Leek – thinly sliced
- 1 Dessertspoon sunflower oil
- 1/2 Teaspoon dried sage
- Pinch of cayenne pepper
- 1/2 Teaspoon wholegrain English mustard
- 1 Tablespoon fresh parsley – chopped
- 50g Fresh wholemeal breadcrumbs
- 75g Fresh wholemeal breadcrumbs
- 1 Egg – beaten
- Ground black pepper

Equipment

- Saucepan and lid
- Potato masher
- Sharp knife
- Chopping board
- Frying pan
- Wooden spatula
- Blender or food processor
- Potato peeler
- Fork
- Teaspoon
- Small bowl
- Plate
- Colander
- Baking tray

How to make it

- 1** Heat the oven to 200°C/Gas 6. Cook the leeks in the sunflower oil until soft but not brown.
- 2** In a mixing bowl, combine the mashed potato, grated cheese, cooked leeks (cooled), sage, parsley, mustard, the 50g of breadcrumbs and pepper. Mix thoroughly using a fork.
- 3** Divide the mixture into 8 even-sized pieces and shape into sausage (cylinder) shapes, 7 – 8cm long.
- 4** Dip each sausage into the beaten egg and coat in the rest of the breadcrumbs.
- 5** Place on to a greased baking tray and bake for 15 minutes until golden-brown.



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Recipe



Granola fruit and yoghurt layer

This recipe serves 6.

Ingredients

For the Granola

- 200g Porridge (rolled) oats – uncooked
- 100g Soft brown sugar
- 35g Chopped pecan nuts – optional
- 100g Clear honey
- 75ml Sunflower oil
- 75g Raisins
- ½ Teaspoon ground cinnamon

For the Layer

- 500ml Natural yoghurt
- 2 Bananas – sliced
- Juice of 1 lemon
- 150g Mixed berries – raspberries, strawberries, blueberries
- Sprig of mint – optional

Equipment

- Mixing bowl
- Chopping board
- Sharp knife
- Tablespoon
- Small bowl
- Lemon squeezer
- Baking tray
- Baking paper or silicone liner
- Microwaveable measuring jug
- Serving glasses

How to make it

- 1** For the Granola, preheat the oven to 160°C/Gas 3.
- 2** Combine the oats, brown sugar, cinnamon, and nuts in a large bowl.
- 3** Place the honey in the measuring jug and warm in a microwave for 30 seconds. Remove from the microwave. Add the oil to the warm honey and stir well.
- 4** Pour the oil and honey onto the oats mixture, and combine thoroughly. Spread the mixture onto a baking tray lined with baking paper
- 5** Bake the Granola mixture for 10 – 15 minutes until golden brown and crunchy, stir it once after 5 – 7 minutes.
- 6** Cool and break into smaller pieces. Stir in the raisins.
- 7** When cool use as required or store in an airtight container. If it clumps together, shake to separate.
- 8** For the fruit and yogurt layer, coat the banana in the lemon juice in a small bowl to prevent it from browning.
- 9** Start layering in the serving glass, beginning with the banana. Then layer the berries, yoghurt, and granola in alternate layers. Finish with a layer of yoghurt and decorate each serving with one or more berries. Decorate with mint. Serve immediately.



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Recipe



Green pea pâté

Ingredients

- 450g Frozen peas – defrosted (or fresh garden peas - boiled until soft and cooled)
- 1/2 Small red onion – peeled and finely chopped
- 1 Garlic clove – peeled and crushed
- 1/2 Fresh red chilli – de-seeded and finely chopped
- 1 Teaspoon ground cumin
- 10 Mint leaves – finely chopped
- 6 Tablespoons Greek yoghurt or crème fraîche
- 1 Tablespoon olive oil
- Freshly ground black pepper

Equipment

- Saucepan
- Colander
- Food processor
- Vegetable knife
- Chopping board
- Mixing bowl
- Teaspoon
- Garlic crusher
- Tablespoon
- Serving dish
- Food processor or blender

How to make it

- 1** Place the defrosted peas (or cooked and cooled peas) in a food processor and purée until smooth.
- 2** Transfer the peas to a mixing bowl and combine with the yoghurt or crème fraîche, chopped onion, chopped mint, crushed garlic, chopped chilli, olive oil, ground cumin and pepper (to taste).
- 3** Spread small amounts of the pâté on small rounds of toasted bread or croutons made from a baton of French bread.
- 4** Transfer to a serving dish and chill.



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Recipe

Green pea terrine

This recipe serves 4 as a main course.

Ingredients

- 3 – 4 Tablespoons finely grated Parmesan cheese
- 12g (approximately) Softened butter – for greasing
- 1 Medium leek – trimmed, cooked and drained
- 400g Frozen peas – cooked and drained
- 200g Cauliflower florets – cooked and drained
- 50g Butter
- 3 Medium-sized eggs
- Ground black pepper
- 1 Bunch fresh mint
- 6 Tablespoons Greek yoghurt
- Paprika (optional)

Equipment

- Grater
- Pastry brush
- Fork
- Blender
- Scraper
- 2 Bowls
- 500g Loaf tin
- Non-stick baking parchment (or silicone liner)
- Roasting tin
- Sharp knife
- Skewer
- Serving plate

How to make it

- 1** Cut a strip of non-stick baking parchment (or silicone liner) to cover the greased base and short sides of the loaf tin. Grease the paper or silicone with the butter.
- 2** Sprinkle the finely grated Parmesan over the buttered surfaces and tip the loaf tin to ensure that the inside of it is evenly coated with the cheese.
- 3** Heat the oven to 180°C/Gas 4. Place the leek and cooked peas in the blender with 25g butter and 2 eggs, and whizz to a purée. Transfer the mixture to a bowl.
- 4** Put about half the cooked cauliflower florets into the cleaned blender goblet (reserving the remainder for later). Add the remaining butter and egg, whizz the mixture to a purée. Transfer to a bowl and add 4 – 5 chopped mint leaves and freshly ground black pepper to the mixture.
- 5** Spread almost half the pea mixture evenly in the prepared loaf tin. Arrange a layer of mint leaves over the bed of peas, followed by a neat arrangement of the reserved cauliflower florets. Add the cauliflower purée followed by a second layer of mint leaves.
- 6** Pour the remainder of the puréed pea mixture on top of the terrine and, with the back of a spoon, spread it level.
- 7** Place the terrine in a roasting tin half-filled with hot water. Bake for 1 – 1½ hours until the terrine is set and firm to the touch. (It is ready when a skewer inserted in the centre of the terrine comes out 'clean').
- 8** Allow the terrine to cool before turning it out on to a plate. Remove the lining paper, then gently slice the terrine with a sharp knife or bread knife, using a gentle sawing action. Serve slices of terrine on individual plates, alongside a spoonful of Greek yoghurt mixed with chopped mint and dusted with paprika.



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Recipe

Harvest cobbler

This recipe serves 6.

Ingredients

- 10ml Vegetable oil
 - 1 Onion - peeled and finely chopped
 - 1 Clove garlic - crushed
 - 1 Carrot - diced
 - 1 Potato - peeled and diced
 - 1 Courgette - trimmed and diced
 - 6 Tomatoes - skinned (optional) and chopped
 - 1 Teaspoon vegetable bouillon
 - 200ml Water - boiling
 - 1 Tablespoon finely chopped fresh herbs, eg chives, parsley, thyme, oregano
 - Freshly ground black pepper
- For the cobbler**
- 200g Self-raising flour
 - 1/2 Teaspoon baking powder
 - 50g Butter
 - 1 Tablespoon fresh herbs (torn) - choose from basil, thyme or chives
 - 50g Hard cheese, eg Cheddar or Red Leicester - grated
 - 125ml milk - approximately (to mix)

Equipment

- Chopping board
- Sharp knife
- Mixing bowl
- Tablespoon
- Teaspoon
- Saucepan
- Wooden spoon
- Table knife
- Grater
- Small bowl
- Flour dredger
- 6cm plain cutter
- Palette knife
- Ovenproof dish

How to make it

- 1** Place the vegetable oil in the saucepan and add the onion and garlic. Stir with the wooden spoon and cook over a medium heat until soft, but not brown.
- 2** Add the potatoes, carrots, vegetable bouillon and water, sit and simmer for 10 - 15 minutes.
- 3** Add the courgettes, black pepper and herbs and cook for a further 5 - 10 minutes until the vegetables are softened but still a little al dente. Transfer to an ovenproof dish.
- 4** For the cobbler, heat the oven to 220°C/Gas 7. Place the flour and baking powder into the mixing bowl. Add the butter and rub it in until the mixture resembles breadcrumbs.
- 5** Add the herbs and most of the cheese. Mix with the table knife and then add 2 tablespoons of milk at a time and mix until it forms a soft, but not sticky dough.
- 6** Lightly flour the work surface. Press the dough out to a 2cm thickness. Cut out the scones with the cutter and place them on top of the vegetable mixture. Use the reserved cheese and sprinkle on top of the scones.
- 7** Bake for 15 - 20 minutes until the scones are golden brown.
- 8** Serve hot.



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Recipe



Harvest vegetable soup

This recipe serves 4 – 6.

Ingredients

- 1 Medium-sized potato – peeled and diced
- 2 Leeks – trimmed, washed and finely sliced
- 2 Carrots – peeled and sliced
- 1 Medium-sized onion – peeled and finely chopped
- 2 Courgettes – sliced
- 50g Frozen peas
- 1 Small can of chopped tomatoes
- 1 Dessert spoon bouillon powder
- Ground black pepper
- 750ml Water
- 1 Tablespoon fresh parsley – chopped

Equipment

- Peeler
- Vegetable knife
- Chopping board
- Measuring jug
- Can opener
- Large saucepan with lid
- Wooden spoon
- Tablespoon
- Slotted spoon
- Ladle
- Blender

How to make it

- 1** Put all the prepared vegetables, except the peas and tomatoes, in the pan.
- 2** Add the water and bouillon powder.
- 3** Heat the mixture to boiling point, and then reduce the heat to a simmer. Put the pan lid on and cook for 20 minutes or until the vegetables are tender. Add a little more water, if needed.
- 4** With a slotted spoon, carefully remove approximately a third of the vegetables from the pan. Purée them in a blender with half the canned tomatoes.
- 5** Return the puréed vegetables to the pan, then add the peas and the remaining tomatoes. Reheat gently until hot.
- 6** Serve with warm crusty bread.



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Recipe

Honeyed vegetable kebabs

This recipe makes 6 kebabs.

Ingredients

For the kebabs

- 12 Small new potatoes – boiled and cooled
- 2 Courgettes – thickly sliced
- 1 Red pepper – de-seeded and cut into squares
- 1 Yellow pepper – de-seeded and cut into squares
- 1 Red onion – peeled, quartered and split into layers

For the marinade

- 2 Tablespoons olive oil
- 2 Tablespoons clear honey
- 1 Garlic clove – peeled and crushed
- Juice and finely grated zest

of 1 lemon

- 1 Tablespoon whole-grain mustard
- Freshly ground black pepper

For the herb dressing

- 5 Tablespoons mixture of mint, coriander and basil – freshly chopped
- 200ml Crème fraîche

To serve

- 6 Pitta breads
- 6 Tablespoons Parmesan cheese – grated

Equipment

- Barbecue, grill or oven
- Saucepan
- Chopping board
- Sharp knife
- Whisk
- Small bowl
- Mixing bowl
- Pastry brush
- Grater
- Garlic crusher
- Tablespoon
- Scraper
- Wooden kebab skewers
- Tongs

How to make it



Whisk the marinade ingredients together in the mixing bowl.



Prepare the vegetables and add them to the marinade. Toss them gently to coat them in the mixture.



Carefully thread the vegetables on to the skewers, reserving the remaining marinade.



Split the pitta breads, brush their inside surfaces with the remaining marinade and sprinkle with Parmesan cheese.



Cook the kebabs either over hot barbecue coals, under the grill or bake at 200°C/Gas 6 until they are evenly golden. Meanwhile, lightly toast the pittas on both sides on the edge of the barbecue or under the grill.



To make the dressing, stir the herbs into the crème fraîche. Cover and refrigerate.



Remove the vegetables from the skewers and gently spoon them into the pittas. Serve the kebabs with a generous helping of herb dressing spooned over the top.



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Recipe



Hot cross buns

This recipe makes 8.

Ingredients

- 225g Strong plain white flour
- 1 x 7g Sachet easy bake, micro-fine dried yeast
- 150ml Milk
- 25g Butter
- 1 Teaspoon clear honey
- 50g Raisins
- 1/2 Teaspoon ground mixed spice
- A little extra flour for dredging

For the crosses

- 40g Plain flour
- 80ml Water

For the glaze

- 1 Tablespoon apricot jam
- 1 Tablespoon jam

Equipment

- Mixing bowl
- Small bowl
- Measuring jug
- Wooden spoon
- Tablespoon
- Fork
- Teaspoon
- Flour dredger
- Small saucepan
- Pastry brush
- Baking tray

How to make it

- 1** Put the flour, mixed spice, raisins and yeast in the mixing bowl. Gently heat 50ml of the milk with the butter and honey in a small pan until the butter is melted, but the milk is only just warm. Return to the measuring jug and the remaining 100 ml milk.
- 2** Add the liquid to the flour and yeast in the mixing bowl and using a wooden spoon mix to form a soft dough.
- 3** Flour the surface and knead the dough thoroughly until it is smooth and springy.
- 4** Divide the dough into 8 even pieces and shape into a round. Place onto a floured baking tray.
- 5** Leave the buns in a warm place until double in size. Whilst they are rising make the batter for the crosses. Mix the flour and water to a paste that you can pipe or drizzle over the buns.
- 6** Heat the oven 220°C / Gas 7.
- 7** Bake the buns for 15 - 20 minutes until golden brown.
- 8** Warm the apricot jam and water gently in a pan and then when the buns are still hot from the oven, brush them with the apricot glaze.



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Recipe

Hummus

This Mediterranean creamy dip is ideally served with warm pitta bread or batons of raw vegetables, such as celery, carrot or cucumber for dipping.

This recipe serves 4.

Ingredients

- 1 x 410g Can of chick peas
- 3 - 4 Garlic clove – peeled and crushed
- 5 - 6 Tablespoons olive oil
- 2 - 3 Tablespoons lemon juice
- 3 Tablespoon tahini (light sesame cream)
- Ground black pepper

Equipment

- Can opener
- Sieve
- Measuring jug
- Food processor
- Mixing bowl
- Wooden spoon
- Garlic crusher
- Spatula
- Serving dishes eg ramekins

How to make it

- 1** Drain the can of chick peas through a sieve over a mixing bowl.
- 2** Pour the liquid into a measuring jug.
- 3** Place the chick peas into a blender and whizz them until smooth.
- 4** Transfer to a mixing bowl and combine with most of the olive oil, lemon juice, tahini and crushed garlic. Taste and add more olive oil and lemon juice as required.
- 5** If needed add a little of the saved chickpea liquid to give a light, soft consistency like softly whipped cream.

- 6** Add pepper to taste.
- 7** Spoon into ramekin dishes and serve chilled.

Hot tip

- If you do not have a food processor the chick peas can be mashed thoroughly until smooth.
- Use a pestle and mortar to crush the garlic, if you do not have a garlic crusher



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Recipe



Hungarian-style baked cabbage

Stuffed cabbage is a popular dish in Hungary, and this adaptation combines cabbage and tomato with a little paprika. It is served with crème fraîche.

This recipe serves 4.

Ingredients

For the base

- 675g White or Savoy cabbage – finely shredded
- 1 Tablespoon olive oil
- 3 Tablespoons water
- 3 Tablespoons vegetable stock
- 5 Medium-sized tomatoes – peeled and chopped
- 1 Dessert spoon paprika
- Ground black pepper
- 2 Tablespoons parsley – chopped

For the topping

- 4 Firm ripe tomatoes
- 1 Tablespoon olive oil
- Ground black pepper
- 4 Tablespoons crème fraîche

Equipment

- Large saucepan with a lid
- Tablespoon
- Dessert spoon
- Ovenproof dish
- Chopping board
- Sharp knife
- Pastry brush

How to make it



Heat the oven to 180°C/Gas 4. Put the oil and water in the pan and add the cabbage. Cook, with the lid on, at a low heat to 'sweat' the cabbage – for approximately 6 – 10 minutes.



Add the tomatoes and the stock, and continue cooking for 8 – 10 minutes. Sprinkle the cabbage with the paprika.



Spoon the cabbage into the ovenproof dish and arrange the tomato slices on top. Season well and then brush the tomatoes with oil to keep them moist. Bake for 30 – 40 minutes until the tomatoes begin to brown.



Drizzle about 30ml of crème fraîche over the tomatoes and return the dish to the oven for a further 10 minutes. Serve hot, garnished with crème fraîche and chopped parsley.



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Recipe

Indian inspired fishcakes

These Indian style fishcakes are made with cooked white fish and potato delicately flavoured with herbs and spices
This recipe makes 8 fishcakes.

Ingredients

- 800g Potatoes - peeled, boiled and mashed
- 200g White fish - skinned, steamed, de-boned and flaked
- 2 Spring onions - very finely chopped
- 1 Green chilli - very finely chopped (optional)
- 1 Tablespoon freshly chopped coriander leaves
- 1 Dessertspoon freshly chopped mint leaves
- 1/2 Teaspoon tumeric
- 1/2 Teaspoon ground cumin
- 2 Small eggs
- 100g Fresh breadcrumbs

Equipment

- Peeler
- Chopping board
- Sharp knife
- Saucepan with lid
- Colander
- Potato masher
- Plate
- Basin
- Mixing bowl
- Fork
- Tablespoon
- Teaspoon
- Blender or food processor
- Baking tray

How to make it

- 1** Heat the oven to 200°/Gas 6.
- 2** Place the cold mashed potato, cooled flaked fish, a quarter of the breadcrumbs, chopped spring onions, chopped green chilli, tumeric, ground cumin, chopped coriander and chopped mint into a mixing bowl. Using a fork, mix thoroughly together.
- 3** Beat one of the eggs in a small basin and add sufficient to the mixture to combine until it is not too soft and sticky.
- 4** Divide the mixture into 8 even-sized pieces and shape into rounds approximately 2cm thick.
- 5** Beat the other egg, if needed, in a basin and place the remaining breadcrumbs on a plate.
- 6** Dip each fishcake into the beaten egg and coat in the breadcrumbs.
- 7** Place on a baking tray and bake for 15 minutes until golden brown.

Hot tips

- Dried herbs (coriander and mint) can be used when fresh is unavailable, but use only 1/4 of the amount as the dried varieties have a more intense flavour.
- Do not add butter or milk to the mashed potato as it can make the fishcakes difficult to handle and they may fall apart.



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Recipe



Jamaican fruit salad

A delicious mixture of tropical fruit with an exotic tang.

This recipe serves 6 - 8.




Ingredients

- 1 Tablespoon light soft brown sugar
- Juice of 1 Orange
- Juice of 1 Lime
- Juice of 1 Lemon
- 1 Tablespoon crystallized ginger - chopped
- 1/2 Papaya - peeled and chopped or 1/2 cantaloupe melon - peeled and diced
- 1 Mango - 'hedge-hogged'
- 1/2 Fresh pineapple - peeled and diced
- 2 Bananas - peeled and sliced
- 3 Tablespoons flaked coconut (not desiccated)

Equipment

- Tablespoon
- Mixing bowl
- Chopping board
- Sharp knife
- Lemon squeezer
- Small bowl
- Teaspoon

How to make it

-  Put the sugar, orange juice and lime juice into the mixing bowl. Add the ginger and stir well until the sugar dissolves in the juice.
-  Add all of the prepared fruit except the banana. Place the banana in the small bowl. Add the lemon juice and stir well.
-  Gently stir the banana into the fruit and add the coconut. Serve immediately.

Hot tip

- The lemon juice prevents the banana from turning brown.



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Recipe



Kiwi and apple zinger

This recipe serves 2.

Ingredients

- 1 Kiwi fruit – peeled and diced
- 1 Banana – peeled and sliced
- 200ml Unsweetened apple juice
- 1 Tablespoon lime juice
- Ice cubes

Equipment

- Chopping board
- Lemon squeezer
- Knife
- Blender
- Glasses

How to make it



Place the kiwi fruit in a blender with the peeled and sliced banana and the unsweetened apple juice. Add the lime juice.



Blend until smooth. Serve immediately poured over ice cubes.



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Recipe



Lassi

This recipe serves 3 – 4.

Ingredients

- 2 Ripe nectarines or clementines
- 8 – 10 Raspberries
- 2 Tablespoons clear honey
- 500ml Full fat yoghurt
- 150ml Milk

Equipment

- Sharp knife
- Chopping board
- Blender
- Tablespoon
- Measuring jug
- 3 – 4 Glasses

How to make it

- 1** Peel the nectarines, discard the stones and chop the fruit into chunks. Put them in the blender.
- 2** Add the raspberries and honey.
- 3** Add the yoghurt, put the lid on and whizz it until it is smooth. If it is too thick, add a little milk.
- 4** Pour into glasses and serve it chilled.

Hot tip

- Fruit can become slippery when peeling. Take care when cutting!



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Recipe



Leek and potato soup

This recipe serves 4 – 6.

Ingredients

- 2 Leeks – trimmed, washed and finely sliced
- 1 Medium onion – finely chopped
- 1 Large potato – peeled and diced
- 1 Tablespoon vegetable oil
- 1 Dessertspoon vegetable bouillon powder
- 750ml Water
- 100ml Single cream – optional
- Salt and black pepper to taste

Equipment

- Large saucepan
- Chopping board
- Sharp knife
- Measuring jug
- Tablespoon
- Wooden spoon
- Ladle
- Blender

How to make it

- 1** Put the oil in the pan and cook the onion over a medium heat until soft but not brown.
- 2** Add the leek and potato and cook for a further minute.
- 3** Add the water and vegetable bouillon, bring to the boil, then simmer for 10 – 15 minutes until the potatoes are soft.
- 4** Remove from the heat and cool slightly. Purée the soup in the blender.
- 5** Return the puréed soup to the pan and reheat until almost boiling.
- 6** Stir in the cream (if used) and season to taste. Serve immediately.



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Recipe



Lunchbox wrap

Wraps are ideal for a lunchbox.

This recipe makes 2.

Ingredients

- 1 Tablespoon hummus or cream cheese
- 2 Wheat tortilla wraps
- Mixed salad leaves
- 6 Cherry tomatoes – halved
- 1 Chicken breast – cooked, cooled and thinly sliced
or 2 tablespoons canned tuna in spring water – drained

Equipment

- Tablespoon
- Table knife
- Can opener
- Chopping board
- Sharp knife

How to make it

- 1** Spread the hummus or cream cheese over the two wraps.
- 2** Scatter the salad leaves over the middle of the wrap and top with tomatoes.
- 3** Divide the chicken or tuna between the wraps.
- 4** Fold over two opposite sides to seal the edges and then roll up firmly to enclose the filling. Cut in half to serve.

Variations

- Try adding chopped spring onions or red pepper, grated cheese or other favourite ingredients.
- Any unused wraps from the packet can be frozen to use another day.



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Recipe



Muesli fruit and yoghurt layer

This recipe serves 4.

Ingredients

For the Muesli

- 100g Rolled (porridge) oats
- 50g Bran flakes
- 1 Rounded tablespoon sunflower seeds
- 25g Sultanas
- 50g Dried 'ready to eat' apricots – chopped
- 50g Chopped nuts (almonds, walnuts, hazelnuts) – optional
- 1 Tablespoon soft brown sugar - optional

For the Layer

- 500ml Natural yoghurt
- 250g Crème fraîche
- 2 Bananas – sliced
- Juice of 1 lemon
- 150g Mixed berries – raspberries, strawberries, blueberries
- Sprig of mint – optional

Equipment

- Mixing bowl
- Chopping board
- Sharp knife
- Tablespoon
- Lemon squeezer
- Small bowl
- Serving glasses

How to make it



Place the oats, branflakes, sunflower seeds, sultanas, chopped apricots and nuts in the mixing bowl.



Add the brown sugar, if using, and with a tablespoon, stir the ingredients gently until they are combined thoroughly.



In a small bowl coat the banana in the lemon juice to prevent it from browning.



Starting with a layer of banana, layer the fruits, yoghurt and muesli in alternate layers in the serving glasses. Finish with a layer of yoghurt and decorate each serving with one or more berries. Decorate with mint. Serve immediately.



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Recipe



Naan bread

Makes 6 – 8 small Naans.










Ingredients

- 200g White bread flour
- 1/2 Teaspoon salt
- 1 Teaspoon sugar
- 1/2 Teaspoon baking powder
- 1 Level teaspoon fast action yeast
- 1 Level tablespoon vegetable oil
- 2 Tablespoons natural yoghurt
- 100ml Warm water

Equipment

- Mixing bowl
- Sieve
- Teaspoon
- Tablespoon
- Measuring jug
- Wooden spoon
- Rolling pin
- Baking tray
- Heave frying pan or griddle (optional)

How to make it

-  Heat the oven to 220°/Gas 7.
-  Sieve the flour, salt and baking powder into a bowl. Add the sugar and yeast.
-  Add the oil and yoghurt to the ingredients in the bowl.
-  Gradually add the warm water to the ingredients in the bowl to make a soft dough.
-  Turn out the dough onto a lightly floured surface and knead for 5 minutes.
-  Divide the dough into 6 – 8 pieces and place on a floured baking tray to rise to twice the size.
-  Roll out to a tear-drop shape. Leave to rise again.
-  Lightly brush with oil.
-  The Naan breads can be bcooked on a pre-heated baking tray in the oven until they are pale brown. Alternative an adult can cook them using a heated heavy frying pan or griddle.



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Recipe



Normandy apple muffins

Makes 8 – 10 muffins.

Ingredients

- 100g Butter
- 100g Caster sugar
- 2 Medium-sized eggs – beaten
- 200g Self-raising flour
- 1/2 Level teaspoon mixed spice
- 1 Medium-sized Bramley apple (approx 250g)

Equipment

- Small bowl
- Mixing bowl
- Wooden spoon
- Grater
- Chopping board
- Sharp knife
- Melon baller
- Tablespoon
- Teaspoon
- Scraper
- 12-Hole muffin tin
- Cooling tray

How to make it

- 1** Heat the oven to 180°/Gas 4. Beat the butter and sugar together in the mixing bowl until they become pale, light and fluffy.
- 2** Add the beaten egg a tablespoon at a time. Beat the mixture well in between each addition. Continue until all the egg is incorporated.
- 3** Cut the apple in half from stalk to base. Using the melon baller, remove the core from both halves. Cut the apple halves to make quarters.
- 4** Grate three of the apple quarters on the coarse ‘teeth’ of the grater. Discard any tough skin.
- 5** Add the grated apple, the flour and spice to the mixing bowl. Stir gently with the tablespoon to combine the ingredients.
- 6** Carefully spoon the cake mixture into the muffin tin. Use the scraper to ensure that all the mixture is removed from the bowl.
- 7** Slice the remaining apple quarter very thinly. Add a slice to the top of each of the muffins.
- 8** Bake the muffins on the centre shelf of the oven for 15 – 20 minutes until well-risen and golden-brown. When cooked, they will ‘spring back’ when lightly pressed in the centre with a fingertip.
- 9** Leave to cool in the muffin tin for 5 minutes before carefully turning out onto a cooling tray.



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Recipe



North african style orange and beetroot salad

Ingredients

- 4 Satsumas
- 4 Medium-sized beetroot - boiled, cooled, skinned and diced
- 1/2 Teaspoon ground cinnamon
- 1 Tablespoon olive oil
- 1 Tablespoon orange juice
- 1 Tablespoon lemon juice
- 2 Tablespoons chopped flat-leaf parsley

Equipment

- Chopping board
- Sharp knife
- Small basin
- Teaspoon
- Tablespoon
- Measuring jug
- Fork
- Shallow serving bowl

How to make it

- 1** Peel the satsumas and segment.
- 2** Arrange the satsuma segments in a shallow serving bowl with the beetroot.
- 3** Make a dressing by combining the cinnamon, olive oil, lemon juice and orange juice in a measuring jug and whisk with a fork.
- 4** Pour the dressing over the salad and garnish with flat-leaf parsley



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Recipe



Olive bread

This recipe makes 8 pieces or 1 loaf.

Ingredients

- 225g Strong plain white flour
- 1 x 7g Sachet easy-blend yeast
- 1/2 Teaspoon salt
- 75g Olives - pitted and halved
- 2 Tablespoons olive oil
- 150ml Warm water
- Extra flour (for rolling out)

Equipment

- Sharp knife
- Chopping board
- Mixing bowl
- Tablespoon
- Measuring jug
- Wooden spoon
- Flour dredger
- Baking tray - floured

How to make it



Put the flour and yeast in the mixing bowl. Stir well and then stir in the olives. Make a 'well' in the centre and add the oil and warm water.



Stir with a wooden spoon to form a soft dough. Sprinkle flour on to the work surface and knead the dough until it becomes smooth, springy and feels 'silky' to the touch.



With a knife, cut the dough into 8 even-sized pieces and shape into bread rolls. Place the bread pieces slightly apart on the baking tray.



Heat the oven to 220°/Gas 7.



Leave the bread to rise in a warm place for approximately 20 - 30 minutes or until it is twice its size .



Bake for approximately 15 - 20 minutes until golden brown

Hot tip

- Ensure the water is warm, not hot.



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Recipe

Oriental salad

This Chinese salad is made of a mixture of vegetables. The dressing and crunchy vermicelli topping add texture and flavour. Serve it to accompany vegetable spring rolls.

This recipe serves 4.

Ingredients

- 1/2 Head Chinese leaves
- 100g Beansprouts
- 6 Radishes
- 100g Mangetout
- 1 Large carrot
- 100g Sprouting beans or seeds eg alfalfa

For the dressing

- Juice of 1 orange
- 1 Level tablespoon sesame seeds
- 1 Teaspoon honey
- 1 Teaspoon sesame oil
- 1 Tablespoon sunflower oil
- 25g Dried vermicelli

Equipment

- Colander
- Sharp knife
- Chopping board
- Peeler
- Salad bowl
- Small bowl
- Fork
- Tablespoon
- Teaspoon
- Frying pan
- Serving bowl

How to make it

- 1** Wash and finely shred the Chinese leaves.
- 2** Wash the beansprouts and radishes. Slice the radishes.
- 3** Trim and wash the mangetout then cut each one into 3 pieces.
- 4** Peel the carrot and cut into thin strips.
- 5** Mix all the salad ingredients in a salad bowl.
- 6** Whisk the dressing ingredients together then pour over the salad ingredients.

- 7** Break the vermicelli into small pieces. 'Toast' the pieces until golden brown in a frying pan. Allow to cool.
- 8** Sprinkle the pieces of vermicelli over the salad and serve.

Hot tip

- Do use sesame oil in the dressing. Other oils will not give the right flavour.



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Recipe



Panzanella

This is a tasty salad for any time of year, but is also a good way to serve leftover cooked turkey.

This recipe serves 4 – 6.

Ingredients

- 1/2 Cucumber – diced
- 4 Spring onions – chopped
- 8 Cherry tomatoes – halved
- 1 Small ciabatta – cut or torn into walnut sized pieces
- 75g Cooked turkey or cooked chicken or cheese – diced
- 6 Fresh basil leaves – torn
- 1 Tablespoon wine vinegar
- 3 Tablespoons olive oil
- Freshly ground black pepper

Equipment

- Chopping board
- Sharp knife
- Measuring jug
- Tablespoon
- Mixing bowl
- Serving dish

How to make it

1

Mix the olive oil and wine vinegar in a measuring jug with a little black pepper.

2

Place the chopped cucumber, spring onions, tomatoes and ciabatta into a mixing bowl, then add the turkey, chicken or cheese.

3

Pour over the oil and vinegar dressing and mix well without crushing the ingredients.

4

Leave to stand in a cool place for 30 minutes. Transfer to a serving dish and garnish with torn basil leaves.

Hot tip

- Leftover, slightly dry bread (not mouldy) is ideal for this salad.
- Other varieties of bread can be used, such as pitta, baguette, or focaccia.



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Recipe



Parsnip and apple soup

Ingredients

- 1 Tablespoon rapeseed oil
- 1 Medium onion – peeled and chopped
- 1 Garlic clove – peeled and crushed
- 4 Parsnips – peeled and chopped
- 1 Baking apple – peeled, cored and chopped
- 1 Vegetable stock cube
- 1 Tablespoon clear honey
- 2 Tablespoons single cream (optional)
- Finely ground sea salt
- Freshly ground black pepper to taste

Equipment

- Saucepan and lid
- Wooden spoon
- Measuring jug
- Tablespoon
- Chopping board
- Sharp knife
- Blender
- Ladle

How to make it

- 1** Gently fry the onion and garlic in the oil in the large saucepan for 5 minutes then add the parsnips, and apple and fry for a further 5 minutes, stirring to prevent browning.
- 2** Make up the vegetable stock with 600ml boiling water.
- 3** Add the vegetable stock. Bring to the boil place the lid on the pan and simmer for 15 – 20 minutes until the vegetables are tender.
- 4** Ladle the soup into the blender goblet. Whizz until smooth. Return the soup to the pan and stir in the honey and single cream. Season the soup with salt and black pepper. Serve piping hot.



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Recipe



Patatas bravas

This recipe serves 4.

Ingredients

- 1 250g New potatoes - cut into 2.5cm sized pieces and boiled until almost cooked
- 3 Garlic cloves - peeled and crushed
- 1 Small onion - finely chopped
- 1 Fresh red chilli - finely chopped
- 2 Tablespoons olive oil
- 2 Tomatoes - chopped
- 2 Tablespoons tomato puree
- 1 Teaspoon vegetable bouillon
- 2 Tablespoons boiling water
- 1 Tablespoon chopped flat-leaf parsley

Equipment

- Saucepan
- Chopping board
- Sharp knife
- Garlic crusher
- Mixing bowl
- Small bowl
- Tablespoon
- Dessertspoon
- Wooden spoon
- Roasting tin or baking tray
- Serving dish

How to make it

- 1** Heat the oven to 200°/Gas 6.
- 2** In the mixing bowl combine the potatoes, garlic, onion, chilli and olive oil. Stir until well coated.
- 3** Put onto the roasting tin or baking tray and cook in the oven for 10 minutes.
- 4** Place the vegetable bouillon into the small bowl, then add the boiling water and stir well. Combine the tomato puree and water bouillon mixture together in the small bowl and stir in the chopped tomatoes.
- 5** Remove the potatoes from the oven and carefully stir in the tomato mixture. Return to the oven for a further 10 minutes.
- 6** Remove the potato mixture from the oven and stir carefully in most of the parsley.
- 7** Place in a serving dish and sprinkle with the remained of the parsley.



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Recipe



Penne arrabiatta (pasta in a spicy tomato sauce)

This recipe serves 4.

Ingredients

- 400g Penne rigate (pasta)
- 2 Tablespoons olive oil
- 1 Small onion – peeled and finely chopped
- 1 Red chilli – de-seeded and finely chopped
- 1 Garlic clove – peeled and crushed
- 1 x 400g Can peeled tomatoes – chopped
- 8 – 10 Fresh basil leaves – torn
- ¼ Teaspoon freshly ground sea salt
- Ground black pepper

Equipment

- 2 Large saucepans (1 with a lid)
- Measuring jug
- Chopping board
- Sharp knife
- Wooden spoon
- Tablespoon
- Teaspoon
- Colander

How to make it

- 1** Cook the pasta in fast-boiling water for approximately 10 – 15 minutes until 'al dente' (which means it is just cooked).
- 2** Heat the olive oil in the other saucepan pan and add the onion, garlic, and chilli. Fry for 1 – 2 minutes without browning.
- 3** Add the tomatoes and cook gently for 3 – 4 minutes stirring with the wooden spoon. Season to taste.
- 4** Drain the pasta in the colander. Return to the pan. Pour the sauce onto the pasta and add the basil, then stir it in quickly.
- 5** Serve hot in warm bowls.

Variations

- Try adding a finely chopped courgette, red pepper or mushroom in with the onion and garlic
- Or serve sprinkled with finely grated cheese. Parmesan gives the best flavour, but grated Cheddar is a good alternative



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Recipe



Pirozhki

This recipe makes 16 – 18 pirozhki.

Ingredients

For the dough

- 1 Small egg – beaten
- 100ml Milk or water
- 225g Strong white bread flour
- 1 x 7g Sachet easy blend micro-fine dried yeast
- 1 Tablespoon olive oil

For the filling

- 200g Raw chicken breast – finely chopped
- 1 Small onion – finely chopped
- 1 Tablespoon olive oil
- 6 Tablespoons chicken stock
- 2 Tablespoons parsley – finely chopped
- Ground black pepper
- 2.5ml Ground nutmeg

Equipment

- Mixing bowl
- Measuring jug
- Teaspoon
- Tablespoon
- Wooden spoon
- Fork
- Flour dredger
- Rolling pin
- 7.5 – 9cm Plain cutter
- Baking trays – greased
- Pastry brush
- Chopping board
- Sharp knife
- Large frying pan
- Spatula

How to make it

- 1** Pour all the liquid ingredients on to the dry ingredients in the mixing bowl. With the wooden spoon, mix them to a soft dough.
- 2** Lightly flour the work surface and knead the dough until it is smooth and elastic. Return the dough to the bowl. Cover it with cling film and leave it in a warm place to rise and double in size. Meanwhile, prepare the filling.
- 3** Heat the tablespoon of olive oil in the frying pan. Add the onion and chicken and fry gently for 8 – 10 minutes. Then add the stock, parsley, pepper and nutmeg. Cook slowly for 2 – 3 minutes then set aside to cool.
- 4** Heat oven to 220°C/Gas 7. Knead the risen dough. Roll it to a thickness of 3 – 5mm. With the cutter, stamp out rounds from the dough.
- 5** Brush the edges of each round with beaten egg, then put a teaspoonful of filling in the centre of each. Press the edges together to form half-moons and place them on the baking trays. Cover loosely with well-oiled clingfilm and leave to rise for 15 minutes.
- 6** Brush the pirozhki with beaten egg and bake for 8 – 10 minutes. Reduce the oven setting to 190° / Gas 5 and cook until well-risen and golden-brown.



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Recipe



Pissaladière

This recipe serves 4.

Ingredients

For the dough

- 225g Strong plain white flour
- 1 x 7g Sachet easy blend micro-fine yeast
- 150ml Warm (not hot) water
- 1 Tablespoon olive oil
- Extra flour for kneading, if required
- 3 Tablespoons olive oil
- 450g (peeled weight) Onions – thinly sliced
- 1 Fat garlic clove – crushed
- 2 Large ripe tomatoes – skinned and chopped
- Ground black pepper
- 16 Anchovies – cut in half lengthways
- 20 (approximately) Black olives – stoned
- A little extra olive oil

Equipment

- 20 – 30cm Baking tin – greased
- Large saucepan with lid
- Chopping board
- Sharp knife
- Wooden spoon
- Tablespoon
- Rolling pin
- Flour dredger

How to make it



For the dough

Place the flour and yeast in a mixing bowl. Add the olive oil and warm water and mix to a soft dough. Knead well until smooth. Cover the dough and set it aside to rise.



Heat the olive oil in the pan and add the onions. Cook them slowly with the pan lid on or until they are a pale-golden colour. Remember to stir the onions at intervals so that they cook evenly.



Add the garlic to the pan and continue to cook with the lid off for 2 – 3 minutes. Allow any juices to evaporate.



Knock back (re-knead) the bread dough. Roll it out and press it into the baking tin, stretching it to fit, if necessary.



Heat the oven to 200°C/Gas 6. Arrange the onion and chopped raw tomato evenly over the bread base.



Criss-cross the halved anchovy fillets over the surface of the tart and dot an olive in each space between.



Sprinkle the tart with a little olive oil and bake for 20 – 25 minutes.



Serve hot with a simple salad of crisp leaves in vinaigrette dressing.



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Recipe

Polish zakaski

These polish open sandwiches are either served as tiny canapés to go with drinks or as a more substantial starter. It is difficult to give exact quantities of ingredients as it depends on how many variations you want to make.

Ingredients

- 1 Loaf dark rye bread (pumpernickel)
- Unsalted butter for spreading
- Liver sausage
- Apple – sliced
- Lemon juice
- Few sprigs of dill
- Tomatoes – sliced
- Cucumber – sliced
- Mild onion – thinly sliced
- Cream cheese
- Bottled or canned black cherries
- Garlic sausage
- Pickled cucumber
- Hard boiled egg
- Paprika to garnish

Equipment

- Chopping board
- Sharp knife
- Knife
- Serving platter or tray

How to make it

- 1** Prepare all toppings as required.
- 2** Spread each slice of bread with a little butter and cut each slice into size required.
- 3** Select combinations of topping ingredients to make interesting open sandwiches.
- 4** Garnish each open sandwich attractively with dill or paprika.
- 5** Arrange open sandwiches on a platter and serve immediately.



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Recipe



Potato and beetroot salad

This recipe serves 4 - 6.

Ingredients

- 3 Tablespoons olive oil
- Juice of 1/2 lemon
- 1 Tablespoon fresh chives - chopped
- Black pepper
- 400g new potatoes - boiled in their skins and cooled
- 4 Medium sized beetroot - boiled, cooled, skinned and diced
- 1/2 Cucumber - diced
- 8 Cherry tomatoes - halved

Equipment

- Mixing bowl
- Teaspoon
- Tablespoon
- Wooden spoon
- Small bowl
- Knife
- Baking tin – lightly greased

How to make it

- 1** In a measuring jug, combine the olive oil with the lemon juice. Add 2/3 of the chopped chives and season with pepper.
- 2** Cut the cooked potatoes in half and place in a mixing bowl.
- 3** Add the diced cucumber, halved herry tomatoes and beetroot to the potato in the bowl.
- 4** Drizzle the dressing over the mixture and garnish with the remaining chopped chives.



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Recipe

Potato scones

This World War II recipe uses potato in place of some the flour. The result is a light, but satisfying, bread-like scone. Eat with or without butter.

This recipe serves 4.

Ingredients

- 100g Self-raising flour
- 1 Teaspoon baking powder
- 25g Margarine – less if you prefer
- 100g Cold mashed potato – light and creamy
- A little milk
- A little extra flour

Equipment

- Mixing bowl
- Teaspoon
- Tablespoon
- Wooden spoon
- Small bowl
- Knife
- Baking tin – lightly greased

How to make it

- 1** Heat the oven to 200°C/Gas 6. Put the flour, baking powder and margarine in the mixing bowl. Rub the margarine into the dry ingredients.
- 2** Add the cold mashed potato. Then add the milk a tablespoon at a time, and mix until a firm but soft dough is formed.
- 3** Place a little extra flour on the work surface. Divide the dough into two equal-sized pieces, then, using the palm and heel of your hand, flatten the dough into two circles approximately 15mm in thickness.
- 4** Place each circle on the baking tray and cut each into four equal pieces. Bake for approximately 15 minutes until golden-brown. Pull apart and serve hot.

Hot tips

- Cut the scones on the baking tray, otherwise they may break up when transferred from the surface to the tray.
- Do not add hot potato. Ensure that it is cool, otherwise the texture of the scones will become heavy.



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Recipe



Purdina raita

This recipe uses plain yoghurt with mint and coriander. It is a refreshing accompaniment to Samosas and other savoury Indian dishes

This recipe serves 4 - 6.

Ingredients

- 250 Plain yoghurt (not set variety)
- 4 Spring onions - chopped
- 1 Clove of garlic - crushed
- 1 Green chilli - de-seeded and chopped finely (optional)
- 2 Tablespoons fresh mint - finely chopped
- 2 Tablespoons fresh coriander - finely chopped
- 1/2 Level teaspoon ground cumin
- 1/4 Level teaspoon garam masala
- Freshly ground black pepper
- A few mint leaves and coriander leaves for garnish

Equipment

- Mixing bowl
- Sharp knife
- Chopping board
- Garlic crusher
- Teaspoon
- Tablespoon
- Serving dish

How to make it

- 1** Place the yoghurt in the mixing bowl.
- 2** Add the onions, garlic, chilli, mint, coriander, cumin, garam masala and black pepper to the yoghurt and mix together thoroughly.
- 3** Transfer to a serving dish and garnish with extra mint and coriander leaves.
- 4** Serve chilled.



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Recipe



Rainbow couscous

This recipe serves 4 - 6.

Ingredients

- 250g Couscous
- 1 Dessertspoon bouillon powder
- 250ml Water
- Ground black pepper to taste
- 1/2 Red pepper - deseeded and chopped
- 1/4 Green pepper - deseeded and chopped
- 4 Spring onions - finely sliced
- 4 Tablespoons canned sweetcorn niblets - drained
- 4 Cherry tomatoes - cut into quarters
- 1 Tablespoon mint - finely chopped
- 1 Dessertspoon lemon juice
- 2 Tablespoons olive oil

Equipment

- Mixing bowl
- Measuring jug
- Dessertspoon
- Tablespoon
- Fork
- Plate or cling film
- Chopping board
- Sharp knife
- Serving bowl

How to make it

- 1** Place the couscous in the mixing bowl and place the bouillon powder in the measuring jug.
- 2** Measure 250ml of boiling water from the kettle into the measuring jug, stir until the bouillon powder dissolves and then pour over the couscous.
- 3** Cover the bowl with cling film or a plate and set it aside for 10 - 15 minutes.
- 4** Remove the cling film, or plate. Using the fork, separate the grains and allow the couscous to cool.
- 5** While the couscous is cooling, make the dressing by whisking together the oil and lemon juice. Add the prepared vegetables to the couscous. Stir in most of the mint and the dressing.
- 6** Spoon the Rainbow couscous into a serving bowl and garnish with the remaining mint.



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Recipe



Red berry smoothie

This recipe serves 8.

Ingredients

- 120ml Plain yoghurt
- 300ml Cold milk
- 1 Ripe banana
- 150g Frozen red berries
- 1 Tablespoon honey
- 1 Tablespoon lemon juice

Equipment

- Chopping board
- Sharp knife
- Lemon squeezer
- Blender
- Glasses for serving

How to make it



Chop the banana into chunks.



Squeeze the lemon.



Put all the ingredients into a blender and whizz for 1 minute.



Serve immediately.

Note

- Soya yoghurt and milk can be used for this and tastes really good.



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Recipe



Red pepper salsa

This recipe serves 6 - 8.

Ingredients

- 1 Red pepper – de-seeded and chopped
- 225g Can red kidney beans – drained and rinsed
- 1/2 Cucumber – chopped
- 4 Fresh tomatoes – chopped
- 4 Spring onions – chopped
- 1/4 Small bunch coriander – chopped

For the dressing

- 2 Tablespoons olive oil
- 1 Clove garlic – peeled and crushed
- 3 Tablespoons wine vinegar
- Juice of 1 lime
- 1/2 Teaspoon Tabasco sauce
- 1/4 Teaspoon Worcestershire sauce
- Ground black pepper

Equipment

- Can opener
- Sharp knife
- Chopping board
- Garlic crusher
- Mixing bowl
- Tablespoon
- Measuring jug
- Teaspoon
- Whisk or fork
- Lemon squeezer

How to make it

- 1** Whisk the dressing ingredients together and pour it into a mixing bowl.
- 2** Add the prepared salad ingredients and mix well.
- 3** Leave to stand for one hour to allow the flavours to develop.
- 4** Serve at room temperature.



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Recipe



Rhubarb and ginger crumble

This recipe serves 6.

Ingredients

- 500g Rhubarb - cut into 2cm pieces
- 50g Sugar
- 3 - 4 Tablespoons cold water
- 1 - 2 Pieces stem ginger - cut into small pieces or 1 tablespoon of glace ginger









For the crumble

- 250g Plain flour
- 1/2 Teaspoon ground ginger
- 125g Butter
- 75g Caster sugar

Equipment

- Chopping board
- Sharp knife
- Mixing bowl
- Tablespoon
- Teaspoon
- Table knife
- Ovenproof dish

How to make it

-  Heat the oven to 190°C/Gas 5. Wipe the rhubarb sticks and cut each into 2cm pieces.
-  Place them in the oven proof dish and sprinkle with 50g sugar. Add the stem or glace ginger and the water.
-  Place the flour into the mixing bowl. Using the table knife 'cut' the butter into the dry ingredients.
-  Use your fingertips to rub the butter into the mixture until it resembles breadcrumbs.
-  Stir in most of the caster sugar.
-  Use a tablespoon to place an even layer of crumble over the fruit and sprinkle the remaining caster sugar on top.
-  Bake for 25 - 30 minutes until the crumble is golden brown.
-  Serve hot or cold with custard, creme fraiche or cream



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Recipe



Rhubarb and strawberry smoothie

This recipe makes 2 large or 4 small smoothies.

Ingredients

- 150g Strawberries - washed and hulled or 150g canned strawberries in natural juice
- 100g Canned rhubarb in light syrup - drained or fresh rhubarb stewed with a little sugar
- 2 Leaves of fresh basil
- 175ml Fresh orange juice

Equipment

- Can opener
- Measuring jug
- Blender
- Glasses

How to make it



Place the rhubarb, strawberries, basil leaves and orange juice in a blender and whizz for 1 - 2 minutes.



Serve immediately in tall glasses.



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Recipe



Roasted vegetable couscous

This salad can be served as a vegetarian main course
or as a side dish.

Ingredients

- 250g Couscous
- 1 Dessertspoon vegetable bouillon powder
- 250ml Boiling water
- 1 Yellow pepper – cut into 2cm pieces
- 1 Red pepper – cut into 2cm pieces
- 1 Courgette – diced into 2cm pieces
- 1 Red onion - cut into 2 – 3cm chunks
- 1 Sweet potato – cut into small dice
- 2 Tablespoons olive oil
- 1 Garlic clove – crushed
- Freshly ground black pepper
- 1 Tablespoon balsamic vinegar

Equipment

- Mixing bowl
- Cling film
- Kettle
- Measuring jug
- Sharp knife
- Chopping board
- Tablespoon
- Dessertspoon
- Garlic crusher
- Baking tray

How to make it

- 1** Heat the oven to 220°C/Gas 7.
- 2** Place the prepared vegetables, olive oil and garlic on a baking tray and bake for 15 – 20 minutes until they are slightly crisp at the edges.
- 3** Prepare the couscous by placing it in the mixing bowl with the bouillon powder. Add the boiling water. Cover with cling film and leave for 10 – 15 minutes.
- 4** Remove the cooked vegetables from the oven and coat with balsamic vinegar and add to the couscous.



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Recipe

Roasted vegetable couscous salad with feta cheese

This salad can be served as a vegetarian main course or as a side dish. It is great to take on picnics.

This recipe serves 6 – 8.

Ingredients

- 250g Couscous
- 1 Tablespoon olive oil
- 1 Teaspoon bouillon powder
- 250ml Boiling water

Roasted vegetables

- 1 Yellow pepper, 1 red pepper, 1 courgette, 1 red onion – cut into 2 – 3cm chunks
- 2 Tablespoons olive oil
- 1 Garlic clove – crushed
- Freshly ground black pepper
- 200g Feta cheese
- Basil leaves

Equipment

- Medium-sized mixing bowl
- Kettle
- Measuring jug
- Sharp knife
- Chopping board
- Tablespoon
- Garlic crusher
- Roasting tin
- Large serving dish

How to make it

- 1** Heat the oven to 220°C/Gas 7.
- 2** Place the prepared vegetables, olive oil and garlic in a roasting tin and roast for 30 – 45 minutes until they are slightly crisp at the edges.
- 3** Prepare the couscous by placing it in the mixing bowl with the bouillon powder. Add the olive oil and 250ml boiling water. Cover and leave for 15 – 20 minutes.
- 4** Cut the Feta cheese into cubes and tear the basil leaves. Fork the couscous through to separate the grains. Season with pepper.

- 5** Put the couscous in the serving dish, pile on the roasted vegetables and any juices from the roasting tin, and top with Feta cheese and basil leaves.

- 6** Serve warm.

Hot tips

- The vegetables and couscous can be prepared in advance.
- Use a varied selection of vegetables, including cherry tomatoes, aubergine, fennel and orange pepper.



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Recipe



Roasted vegetable croustades

This recipe makes 12 croustades.

Ingredients

- 4 Tablespoons sunflower oil
- 15g Butter
- 1 Leek – trimmed and sliced
- 1 Red pepper – diced
- 6 Large slices semi-stale bread or 12 slices of milk roll
- 100g Cheddar cheese – finely grated

Equipment

- Chopping board
- Sharp knife
- Saucepan
- Wooden spoon
- Grater
- Teaspoon
- 9cm Cutter
- Pastry brush
- 12-Hole bun tin

How to make it

- 1** Heat the oven to 200°C/Gas 6.
- 2** Melt the butter using a saucepan or microwave, add 2 tablespoons of oil to the melted butter. Coat the leeks and red pepper pieces with the butter and oil mixture. Place on a baking tray and roast for 20 minutes in the oven. Stir once during cooking.
- 3** Cut 2 circles of bread from each slice of bread. (Save the left-over pieces for making fresh breadcrumbs for another recipe).
- 4** Lightly brush one side of each bread circle with the remaining oil and place them, oiled side down, in the bun tin. Press firmly to form a case for the filling.
- 5** Spoon a teaspoon of the roasted leek and red pepper mixture into each of the bread cases. Sprinkle a teaspoonful of the grated cheese on top of each case.
- 6** Bake the Croustades for 10 – 15 minutes or until the bread is crisp and browned and the cheese has melted. Serve hot.



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Recipe



Rock cakes

This recipe serves 8.

Ingredients

- 225g Self-raising flour
- 1 Level teaspoon baking powder
- 1/2 Level teaspoon mixed spice
- 100g Caster sugar
- 100g Butter
- 100g Mixed dried fruit
- 2 Medium-sized eggs - beaten
- 1 - 2 Drops vanilla extract
- A little milk, if needed

Equipment

- Small bowl
- Mixing bowl
- Teaspoon
- Table knife
- Fork
- Baking tray

How to make it

- 1** Heat the oven to 200°C/Gas 6.
- 2** Sieve the flour into the bowl and then place all the other dry ingredients, except the dried fruit, in the mixing bowl.
- 3** Add the butter and mash into the flour with the fork.
- 4** Rub the butter into the flour with your fingertips until it resembles fine breadcrumbs. Stir the dried fruit into the rubbed-in mixture.
- 5** Make a 'well' in the centre of the mixture and pour the vanilla extract and all of the beaten egg into it. Mix the ingredients to a stiff dough using a table knife. Add a little milk if the mixture is crumbly.
- 6** Using a teaspoon, spoon the mixture evenly onto the baking tray.
- 7** Bake for 15 - 20 minutes until the buns have risen and are golden-brown.



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Recipe

Salad niçoise

This recipe serves 6 – 8.

Ingredients

For the salad

- 500g Baby new potatoes – cooked and cooled
- 200g Green beans – trimmed, cooked and cooled
- 4 Medium-sized eggs – hard boiled, cooled, peeled and cut into wedges
- 2 Little Gem lettuce hearts or romaine lettuce hearts – cut into wedges, washed and drained
- 250g Cherry or plum tomatoes – halved
- 75g Black olives – pitted and halved
- 1 x 200g Can of tuna in olive oil or water – drained
- 2 – 3 Sprigs of fresh basil

For the dressing

- 1 Teaspoon Dijon mustard
- 1 Garlic clove – peeled and chopped
- 2 Tablespoons red wine vinegar
- 6 Tablespoons olive oil
- Ground black pepper

Equipment

- Large saucepan
- Small saucepan
- Sieve
- Chopping board
- Sharp knife
- Large salad bowl
- Small bowl
- Whisk
- Tablespoon
- Teaspoon
- Fork

How to make it



Prepare the potatoes, beans, eggs, lettuce, tomatoes, olives and tuna as outlined in the list of ingredients. Place them all, except the eggs and tuna, in a large salad bowl.



Make the dressing by whisking the mustard, garlic, vinegar and seasoning together in a small bowl. Gradually whisk in the oil until the dressing thickens slightly.



Pour about two thirds of the dressing over the salad. Toss it well.



Add the drained tuna, arrange the quartered eggs on top. Drizzle the remaining dressing over the salad. Sprinkle with freshly torn basil leaves and serve immediately.

Hot tip

- To prevent a dark ring forming between the egg yolk and white, place the hard boiled eggs under very cold running water before peeling.



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Recipe



Salmon fishcakes

This recipe makes 8 fishcakes.

Ingredients

- 400g potatoes - peeled, boiled and mashed
- 1 x 250g Tin pink salmon - drained and flaked
- 2 Salad tomatoes - finely chopped
- 1 Tablespoon freshly chopped chives
- 50g Cheddar cheese - finely grated
- 2 Tablespoons natural yoghurt
- 1 Egg
- 125g Fresh breadcrumbs
- Freshly ground black pepper

Equipment

- Peeler
- Chopping board
- Sharp knife
- Saucepan with lid
- Colander
- Potato masher
- Plate
- Basin
- Mixing bowl
- Fork
- Tablespoon
- Teaspoon
- Blender or food processor
- Baking tray

How to make it

- 1** Heat the oven to 200°/Gas 6.
- 2** Place the cold mashed potato, cooled flaked fish, a quarter of the breadcrumbs, chopped spring onions, chopped green chilli, tumeric, ground cumin, chopped coriander and chopped mint into a mixing bowl. Using a fork, mix thoroughly together.
- 3** Beat one of the eggs in a small basin and add sufficient to the mixture to combine until it is not too soft and sticky.
- 4** Divide the mixture into 8 even-sized pieces and shape into rounds approximately 2cm thick.
- 5** Beat the other egg, if needed, in a basin and place the remaining breadcrumbs on a plate.
- 6** Dip each fishcake into the beaten egg and coat in the breadcrumbs.
- 7** Place on a baking tray and bake for 15 minutes until golden brown.

Hot tips

- Dried herbs (coriander and mint) can be used when fresh is unavailable, but use only 1/4 of the amount as the dried varieties have a more intense flavour.
- Do not add butter or milk to the mashed potato as it can make the fishcakes difficult to handle and they may fall apart.



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Recipe



Samosas

These samosas are filled with spicy vegetables. In this recipe, the triangle-shaped parcels are baked in the oven rather than deep fried.

This recipe makes 12 – 14 samosas.

Ingredients

- Pack filo pastry
- 1 Onion – finely chopped
- 1 Level teaspoon turmeric
- 1/2 Level teaspoon ground cumin
- 1/2 Level teaspoon curry powder
- 1 Green chilli – finely chopped (optional)
- 4 Tablespoons vegetable oil
- 1 Medium sized cooked potato – diced into 1cm pieces
- 300g Frozen mixed vegetables – defrosted

Equipment

- Sharp knife
- Chopping board
- Teaspoon
- Wooden spoon
- Large saucepan with a lid
- Pastry brush
- Dessertspoon
- Baking tray
- Tablespoon

How to make it

- 1** Put the chopped onion in a pan with one tablespoon of oil, the spices and the chilli. Fry gently for 5 – 6 minutes. Remove from the heat.
- 2** Add the diced potato and the mixed vegetables and continue to cook for a further 4 – 5 minutes.
- 3** Heat the oven to 200°C/Gas 6.
- 4** Cut or fold a filo pastry sheet into a rectangle 8 – 10cm wide. Brush with a little oil. Place a dessertspoon of vegetable mix at the end of the strip closest to you. Fold over in triangles, sealing the ends with oil.
- 5** Place on a baking sheet. Repeat Step 4 until all the pastry and filling are used up. Brush each samosa with oil and bake for 10 – 20 minutes until golden-brown.



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Recipe



Sardine pâté

Ingredients

- 125g Canned sardines in oil – drained
- 75g Cream cheese
- 1/2 Teaspoon finely grated lemon zest
- 2 Teaspoons lemon juice
- 1 Garlic clove – crushed
- Black pepper to taste
- Lemon wedges to garnish – optional

Equipment

- Mixing bowl
- Wooden spoon
- Small bowl
- Fork
- Grater
- Chopping board
- Vegetable knife
- Lemon squeezer
- Teaspoon
- Tablespoon
- Garlic crusher

How to make it

- 1** In a mixing bowl, beat the cream cheese with a wooden spoon until it is smooth.
- 2** In a separate bowl, mash the sardines thoroughly with a fork.
- 3** Combine the sardines with the cream cheese then add the lemon zest and juice, the garlic and pepper. Mix thoroughly.
- 4** Use as required, eg use as a sandwich filling or serve with crudités or toast.



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Recipe



Savoury scones

This recipe serves 8.

Ingredients

- 200g Self-raising flour
- 1/2 Teaspoon baking powder
- 50g Butter
- 1 Tablespoon fresh herbs (torn) – choose from basil, thyme or chives
- 75g Hard cheese (eg Red Leicester or Cheddar) – grated
- 125mls Milk – approximately (to mix)
- Flour (for rolling out)

Equipment

- Mixing bowl
- Teaspoon
- Sieve
- Table knife
- Tablespoon
- Grater
- Small bowl
- Fork
- Flour dredger
- 6cm Plain cutter
- Palette knife
- Baking tray – lightly floured

How to make it

- 1** Heat the oven to 220°C/Gas 7. Sieve the flour and baking powder into the mixing bowl. Add the butter, 'cut' and either rub it in or work it in using a fork, until the mixture resembles breadcrumbs.
- 2** Reserve a little of the cheese to use on the top of the scones. Add the rest of the cheese and the herbs. Mix them in with the table knife. Make a 'well' in the centre of the mixture.
- 3** Add 2 tablespoons of milk at a time and mix with the knife to form a dough. The dough should not be too wet but come together into a soft, but not sticky mixture. Add more milk, if needed.
- 4** Lightly flour the work surface. Knead the dough very briefly and press it out to a 3cm thickness. Cut out the scones with the cutter and place them on to a floured baking tray.
- 5** Lightly brush the tops with a little milk and then sprinkle a little of the reserved cheese on the top of each scone.
- 6** Bake for 8 – 12 minutes until well risen and golden-brown. Serve the scones piping hot, either on their own or with soup or cheese.

Hot tip

- If time is short the dough can be made into a round and then cut into 8 triangles and baked. These are called Victoria scones or 'farls'.



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Recipe



Secret garden salad

This recipe serves 4 - 6.

Ingredients

- 1 Crisp lettuce (eg a Gem lettuce) – washed and patted dry – or use spinach leaves
- 1/2 Cucumber – peeled and diced
- 2 Tomatoes – quartered
- 1 Carrot – grated
- 150g (approximately) Turnip – grated
- 400g New potatoes – cooked and cooled
- 50g Peas – cooked and cooled
- 2 Tablespoons vegetable oil
- 1 Tablespoon wine vinegar
- 1 – 2 Tablespoons natural yoghurt – optional

Equipment

- Colander
- Peeler
- Chopping board
- Sharp knife
- Grater
- Saucepan
- Tablespoon
- Small bowl
- Fork
- Serving bowl

How to make it

- 1** Prepare all the vegetables. Line the serving dish with lettuce leaves or spinach leaves and then arrange the other vegetable ingredients neatly on top.
- 2** Make the dressing by whisking the oil and vinegar together in the small bowl. Drizzle the dressing over the salad.
- 3** Spoon 1 - 2 tablespoons of yoghurt on top of the salad (optional). Serve immediately.



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Recipe



Shortbread

This recipe serves 2.

Ingredients

- 50g Plain flour
- 25g Cornflour
- 50g Butter at room temperature - soften by leaving out of the fridge
- 25g Caster sugar
- 1 Teaspoon caster sugar for dusting the top when baked
- A little extra butter for greasing the tray and flour for kneading

Equipment

- Mixing bowl
- Wooden spoon
- Sieve
- Rolling pin
- Baking tray

How to make it

- 1** Heat the oven to 160°C/Gas 3.
- 2** Lightly grease the baking tray with some soft butter.
- 3** Cream the butter and sugar together until light and fluffy.
- 4** Sieve in the flour and work into the creamed butter and sugar.
- 5** Bring the mixture together with your hand and knead lightly on a floured surface. Form into a ball.
- 6** Using the rolling pin gently pat out to form a circle 0.5cm thick. Place the circle on the greased tray.
- 7** Crimp the edges and mark lightly into 6 'petticoat tails'.
- 8** Cook until a very pale golden brown.
- 9** Dust lightly with caster sugar while still warm. Leave to cool on the tray.

Hot tip

- Do not be tempted to add water to the mixture if it does not form a dough easily as this will create a very hard unpleasant result.



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Recipe



Simple soda bread

This recipe serves 6.

Ingredients

- 100g Plain flour
- 100g Wholemeal flour
- 1 Teaspoon bicarbonate of soda
- 1 Teaspoon cream of tartar
- 25ml Olive oil
- 1/2 Teaspoon salt
- 175ml Buttermilk or natural yoghurt
- a little extra wholemeal flour is needed for dusting

Equipment

- Mixing bowl
- Teaspoon
- Measuring jug
- Wooden spoon
- Table knife
- Baking tray

How to make it



Heat the oven to 190°C/Gas 5. Put all the dry ingredients in the mixing bowl.



Make a 'well' in the centre of the ingredients. Add the olive oil, then add most of the buttermilk or yoghurt. Use a wooden spoon and mix quickly and lightly until a soft dough forms. Add more buttermilk or yoghurt if needed. Do not over mix or the dough may become tough.



Shape the dough to a round. Put it on to a floured baking tray. Dust the top lightly with wholemeal flour.



Mark a deep cross on the top of the dough then cut the dough almost through to the tin to form 'furls'.



Bake 25 - 30 minutes until well risen and the bread sounds hollow when tapped underneath.

Hot tip

1. Mix the dough quickly and bake it straight away because the bicarbonate of soda and cream of tartar which make the bread rise start to react as soon as they are wet.
2. If time is short the dough can be divided into 6 pieces and made into individual triangle shapes or 'furls'.



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Recipe

Smoked haddock and pea fishcakes

This fishcake is a much healthier version of traditional fish and chips with the combination of fish, potatoes and mushy peas!
This recipe makes 8 fishcakes.

Ingredients

- 400g Potatoes - peeled, boiled and mashed
- 200g Smoked un-dyed haddock - skinned, steamed, de-boned and flaked
- 1 Leek - thinly sliced
- 100g Tinned marrowfat peas - drained
- 1 Dessertspoon mint jelly (optional)
- 100g Fresh breadcrumbs
- 1 Medium sized egg
- 1 Dessertspoon vegetable oil
- Freshly ground black pepper

Equipment

- Peeler
- Chopping board
- Sharp knife
- Saucepan with lid
- Frying pan
- Steamer
- Colander
- Potato masher
- Plate
- Basin
- Mixing bowl
- Wooden spatula
- Fork
- Dessertspoon
- Blender or food processor
- Baking tray

How to make it

- 1** Heat the oven to 200°/Gas 6.
- 2** Place the vegetable oil in the frying pan and add the sliced leek. Cook gently for 3-4 minutes until soft but not brown.
- 3** Place the cooked leek, mashed potato, flaked fish, peas, a quarter of the breadcrumbs, black pepper and the mint jelly into a mixing bowl. Using a fork, mix together thoroughly.
- 4** Divide the mixture into 8 even-sized pieces and shape into rounds, approximately 2cm thick.
- 5** Beat the egg in a basin and place the remaining breadcrumbs on a plate.
- 6** Dip each fishcake into the beaten egg and coat in the breadcrumbs.
- 7** Place on a baking tray and bake for 15 minutes until golden brown.

Hot tips

- Garden peas can be used in preferred, but the texture of the fishcakes will be a little more difficult to handle.
- Do not add butter or milk to the mashed potato as it can make the fishcakes difficult to handle and they may fall apart.



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Recipe



Spanakopitta

This recipe serves 4.








Ingredients

- 450g Frozen spinach – defrosted and drained
- 2 Tablespoons olive oil
- A little butter – for greasing the tin
- 1 Small onion – peeled and finely chopped
- 1 Garlic clove – peeled and crushed
- 2 Tablespoons chopped coriander
- 1/2 Level teaspoon ground nutmeg
- 125g Feta cheese – crumbled
- 1 Medium-sized egg – lightly beaten
- Freshly ground black pepper
- 50g Butter – melted
- 4 – 6 Large sheets filo pastry

Equipment

- 20cm Square tin
- Frying pan
- Tablespoon
- Chopping board
- Sharp knife
- Sieve
- Small bowl
- Fork
- Small pan
- Pastry brush

How to make it

-  Heat the oven to 200°C/Gas 6. Grease the tin with butter. Heat the oil in the frying pan, add the onion and garlic and cook them until they are soft.
-  Add the drained spinach to the pan and cook, stirring, for 2 – 3 minutes. Leave to cool slightly.
-  Stir in the coriander, nutmeg and cheese. With the fork, beat the egg in a small bowl and stir it into the spinach mixture.
-  In a small pan, melt the butter. Brush 1 sheet of filo pastry with butter. Lay it carefully in the tin, pressing it into the corners. (Leave the pastry edges hanging over the sides of the tin.)
-  Brush a second sheet of pastry with butter and lay it in the tin at right angles to the first sheet. Repeat with the remaining pastry.
-  Spoon the cooled spinach mixture into the tin. Fold the overhanging pastry over the filling to cover it. (Leave the pastry looking 'untidy', in small folds.)
-  Brush the top of the Spanakopitta evenly with the melted butter and bake for 40 – 45 minutes until golden-brown and crisp. Carefully cut into 9 squares. Serve hot, warm or cold.



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Recipe



Sparkling homemade lemonade

Ingredients

- 6 Large unwaxed lemons
- 150g Caster sugar
- 250ml Boiling water
- 750ml Chilled sparkling water
- Washed mint leaves to decorate

Equipment

- Potato peeler
- Lemon squeezer
- Large measuring jug
- Kettle
- Small measuring jug
- Tablespoon
- Cling film
- Jug to serve

How to make it



Wash the lemons. Using the potato peeler, pare off the zest from the lemons. Place in a large measuring jug. Add the sugar.



Add the boiling water and stir until the sugar is dissolved.



Cover and cool. Place in the fridge overnight to allow the flavour to develop.



Next day, squeeze all the lemons.



Strain the lemon zest mixture into a clean serving jug. Add the freshly squeezed lemon juice.



Add the chilled sparkling water and decorate with the washed, torn fresh mint leave.



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Recipe



Speedy chicken curry

This recipe serves 4 - 6.

Ingredients

- 1 Tablespoon vegetable oil
- 1 Onion – finely chopped
- 1 Red pepper – deseeded and chopped
- 1 Garlic clove – peeled and crushed
- 1cm Piece root ginger – grated (optional)
- 1 Green chilli – finely chopped
- 2 Level teaspoons turmeric
- 2 Level teaspoons garam masala
- ¼ Teaspoon freshly ground sea salt
- 2 Chicken breast fillets (or 2 pieces of Quorn) – diced into 2cm pieces
- 1 x 410g Can green lentils - drained and rinsed in cold water
- 1 400g Carton passata
- 150ml Hot water
- A small bunch of fresh coriander – finely chopped

Equipment

- Sharp knife
- Garlic crusher
- Chopping board
- Teaspoon
- Can opener
- Sieve
- Measuring jug
- Large saucepan
- Wooden spoon

How to make it



Heat the oil in a large saucepan. Fry the onions until golden brown.



Add the crushed garlic, grated ginger, chopped chilli, turmeric, and garam masala. Cook slowly for 5 minutes.



Add the chicken pieces, (or Quorn), red pepper, passata, green lentils and half of the

hot water (add more water if needed whilst cooking). Cook slowly, stirring occasionally, for 20 – 30 minutes until the chicken is tender.



Add the chopped coriander and serve with boiled or steamed rice.



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Recipe

Spicy butternut squash soup

This recipe serves 4 - 6.








Ingredients

- 1 Small butternut squash - halved, seeds removed and roasted
- 1 Onion - peeled and chopped
- 1 Clove garlic - crushed
- 1/2 Red chilli - finely chopped
- 1 Medium-sized sweet potato - peeled and diced
- 1 Tablespoon bouillon powder
- 2 Tablespoons vegetable oil
- 750ml Water
- Ground black pepper

Equipment

- Peeler
- Chopping board
- Baking tray
- Sharp knife
- Garlic crusher
- Measuring jug
- Large saucepan with lid
- Blender

How to make it

-  Scoop out the cooked butternut squash from the outer skin, leave aside and discard the skin.
-  Place the vegetable oil in the pan and add the onion, garlic and chilli. Fry gently for 4 - 5 minutes until soft.
-  Add the diced sweet potato and butternut squash, together with the bouillon powder and water.
-  Put the lid on the pan and bring to the boil. Reduce the heat and simmer for 20 minutes or until the vegetables are soft.
-  Use the ladle to place the vegetables and stock in the blender, taking care not to overfill the blender.
-  Whizz to a puree. Return the puree to the clean pan. Season well.
-  Serve the soup piping hot.



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Recipe



Spinach and cheese triangles

Ingredients

- 500g Frozen spinach – defrosted and well drained
- 1 Tablespoon olive oil
- 1 Onion – finely chopped
- 2 Garlic cloves – peeled and crushed
- 200g Feta cheese – crumbled
- 200g Herbed cream cheese
- Ground black pepper
- 1 Medium-sized egg – beaten
- 1 Packet filo pastry
- Sunflower oil – for brushing

Equipment

- Large mixing bowl
- Colander
- Chopping board
- Sharp knife
- Medium saucepan with lid
- Wooden spoon
- Small mixing bowl
- Fork
- Dessertspoon
- Pastry brush
- Baking tray
- Fish slice

How to make it

- 1** Heat the oven to 200°C/Gas 6.
- 2** Squeeze out all the excess liquid from the spinach.
- 3** Heat the oil in the saucepan. Add the onion and garlic and gently sweat with the lid on for 4 – 6 minutes, or until softened. Remove from the heat and allow to cool.
- 4** Combine the cooked onion and garlic, plus the Feta and herbed cream cheese with the well drained spinach. Season to taste. Add the beaten egg and mix well to combine.
- 5** Take one sheet of the filo pastry and brush with a little sunflower oil. Place a tablespoon of the spinach and cheese mixture on to the corner of the filo rectangle which is closest to you. Fold the filo in half along the length, to form a long, thin rectangle. Fold the pastry over to make a triangle shape, sealing the end and the top with a little more oil. Repeat with the remaining spinach filling, until all the filling and pastry is used.
- 6** Place on a baking tray, seam side down.
- 7** Place into the oven for 15 – 20 minutes, or until golden-brown.



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Recipe



Spinach, onion and cheese bread

Ingredients

- 225g Strong plain white flour
- 1 x 7g Sachet easy blend dried yeast
- ½ Level teaspoon grated nutmeg
- 75g Fresh spinach leaves – chopped
- 1 Tablespoon sunflower oil or rapeseed oil
- 1 Small onion – peeled and chopped finely
- 50g Cheddar cheese – grated
- 150ml Lukewarm water
- 1 Tablespoon olive oil
- A little extra flour for dredging

Equipment

- Chopping board
- Sharp knife
- Frying pan
- Mixing bowl
- Teaspoon
- Wooden spoon
- Grater
- Measuring jug
- Tablespoon
- Fork
- Flour dredger
- Baking tray

How to make it

- 1** Fry the chopped onion in the sunflower oil until soft, but not brown. Leave to cool.
- 2** Put the flour and yeast in the mixing bowl. Add the spinach, cooked onion, nutmeg and cheese.
- 3** Add the olive oil to the warm water and mix it in using a fork. Add enough liquid to the ingredients in the mixing bowl to form a soft dough.
- 4** Knead the dough thoroughly on a floured surface until it is smooth and springy.
- 5** Divide the dough into 8 even sized pieces. Shape each piece into rounds and knead until smooth bread roll shapes. Place on to a floured baking tray and set aside in a warm place to rise to approximately twice its size.
- 6** Heat the oven 220°C/Gas 7. Once the bread rolls have risen, bake for 10 – 15 minutes until golden-brown.



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Recipe



Strudel parcels

Makes 12 – 14 parcels.

Ingredients

- 1 Packet filo pastry
- 50g Butter
- 25g Caster sugar
- 50g Trifle sponges – crumbed
- Zest of one orange
- 2 Dessert apples – cut into small cubes
- 15g Sultanas
- ½ Teaspoon mixed spice
- A little icing sugar for dusting

Equipment

- Grater
- Tablespoon
- Small bowl
- Teaspoon
- Small saucepan
- Pastry brush
- Baking tray
- Sieve

How to make it

- 1** Heat the oven to 190°C/Gas 5. Melt the butter in the saucepan and then turn off the heat.
- 2** Mix the sultanas, apples, sponge crumbs, sugar, mixed spice and the orange zest in the small bowl.
- 3** Take a sheet of filo pastry and fold it in half lengthways. Brush the pastry with a little of the melted butter.
- 4** Place one tablespoon of the fruit mixture on the end of the strip of pastry. Fold pastry over in triangles. Seal the end.
- 5** Place parcels on a baking sheet and brush top lightly with melted butter.
- 6** Bake for 10 – 15 minutes until pale golden brown. Place the cooked parcels on a cooling tray.
- 7** When the parcels are cool dust with sieved icing sugar.



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Recipe



Stuffed tomatoes

This recipe makes 6.

Ingredients

- 4 Large ripe tomatoes – with stalks
- 325g Fresh white breadcrumbs soaked in 125ml of milk for 15 mins
- 2 Tablespoons toasted breadcrumbs
- 2 Medium-sized eggs – beaten
- 2 Garlic cloves – crushed
- 4 Spring onions – finely chopped
- 2 Tablespoons each – fresh basil and flatleaf parsley – chopped
- Freshly ground black pepper
- 4 Heaped tablespoons grated Gruyère or Cheddar cheese
- 2 Tablespoons olive oil
- Basil leaves, or flatleaf parsley, to garnish

Equipment

- Sharp knife
- Chopping board
- Grater
- Small bowl
- Measuring jug
- Teaspoon
- Fork
- Tablespoon
- Garlic crusher
- Small frying pan
- Ovenproof serving dish

How to make it



Prepare the tomatoes by cutting off the tops and, using a teaspoon, scrape out the seeds and pulp. Add it to the soaked breadcrumb mixture.



Place the tomatoes in the oven proof dish. Heat the oven to 200°C/Gas 6. Add the beaten egg, onion, garlic, chopped herbs and ground black pepper.



With a teaspoon, fill the tomatoes with the stuffing mixture. Mix the toasted breadcrumbs with the grated cheese.



Top each tomato with the cheese mixture, place the tomato tops on the tomatoes and drizzle with a little olive oil. Bake for 25 – 30 minutes or until the tomatoes are tender.



Serve hot or cold garnished with herbs and with bread or cooked rice.



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Recipe



Sunset pasta salad

This recipe serves 3 - 4.

Ingredients

- 100g Dried pasta shapes
- 3 Tablespoons sunflower oil
- 1 Dessertspoon red or white wine vinegar
- 1 Dessertspoon tomato ketchup
- 1 Small carrot – peeled and grated
- 1/2 Red pepper – de-seeded, sliced and diced
- 1/2 Small cucumber – cut into sticks and diced
- 6 Cherry tomatoes – quartered
- 100g Cheese of your choice – diced

Alternative optional extras

- 2 Tablespoon canned sweetcorn – drained
- 2 Sticks celery – thinly sliced
- 1 Beetroot – cooked and diced
- 1 Apple or pear – cored and diced and coated in lemon juice to prevent browning
- 1 Tablespoon dried fruit such as sultanas, raisins, apricots

Or replace the cheese with

- 75g Cold cooked meat such as ham or chicken – diced
- 75g Cold cooked fish such as salmon or mackerel – flaked
- 25g Nuts such as cashew or pecan – roughly chopped

Equipment

- Saucepan
- Sieve
- Mixing bowl
- Chopping board
- Sharp knife
- Tablespoon
- Kitchen roll
- Serving dish

How to make it



Cook the pasta in fast-boiling water until just tender but with 'bite' (al dente). Mix the oil, ketchup and vinegar in the bowl.



Prepare the vegetables and add them all, except the tomatoes – to the sunflower oil, ketchup and vinegar. Add the cheese and toss the ingredients together.



Drain the pasta and plunge it into cold water. Drain it again and pat dry with kitchen roll.



Add the pasta to the vegetable and cheese mixture, and stir to combine.



Turn the pasta into a serving dish and decorate with the quartered cherry tomatoes. Serve immediately.



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Recipe



Sunset pasta salad (using lemon juice)

This recipe serves 3 - 4.

Ingredients

- 100g Dried pasta shapes
- 3 Tablespoons sunflower oil
- Juice of half a lemon
- 1 Dessertspoon tomato ketchup
- 1 Small carrot – peeled and grated
- 1/2 Red pepper – de-seeded, sliced and diced
- 1/2 Small cucumber – cut into sticks and diced
- 6 Cherry tomatoes – quartered
- 100g Cheese of your choice – diced

Alternative optional extras

- 2 Tablespoon canned sweet corn – drained
- 2 Sticks celery – thinly sliced
- 1 Beetroot – cooked and diced
- 1 Apple or pear – cored and diced and coated in lemon juice to prevent browning
- 1 Tablespoon dried fruit such as sultanas, raisins, apricots

Or replace the cheese with

- 75g Cold cooked meat such as ham or chicken – diced
- 75g Cold cooked fish such as salmon or mackerel – flaked
- 25g Nuts such as cashew or pecan – roughly chopped

Equipment

- Saucepan
- Sieve
- Mixing bowl
- Chopping board
- Sharp knife
- Tablespoon
- Kitchen roll
- Serving dish

How to make it



Cook the pasta in fast-boiling water until just tender but with 'bite' (al dente). Mix the oil, ketchup and lemon juice in the bowl.



Prepare the vegetables and add them all, except the tomatoes – to the sunflower oil, ketchup and vinegar. Add the cheese and toss the ingredients together.



Drain the pasta and plunge it into cold water. Drain it again and pat dry with kitchen roll.



Add the pasta to the vegetable and cheese mixture, and stir to combine.



Turn the pasta into a serving dish and decorate with the quartered cherry tomatoes. Serve immediately.



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Recipe



Sunset pasta salad in a jar

This recipe serves 3 - 4.

Ingredients

- 100g Dried pasta shapes
- 3 Tablespoons sunflower oil
- Juice of half a lemon
- 1 Dessertspoon tomato ketchup
- 1 Small courgette – peeled and grated
- 1/2 Red pepper – de-seeded, sliced and diced
- 1/2 Small cucumber – cut into sticks and diced
- 6 Cherry tomatoes – quartered
- 100g Cheese of your choice – diced

Alternative optional extras

- 2 Tablespoon canned sweet corn – drained
- 2 Sticks celery – thinly sliced
- 1 Small carrot – peeled and grated
- 1 Beetroot – cooked and diced
- 1 Apple or pear – cored and diced and coated in lemon juice to prevent browning
- 1 Tablespoon dried fruit such as sultanas, raisins, apricots






Or replace the cheese with

- 75g Cold cooked meat such as ham or chicken – diced
- 75g Cold cooked fish such as salmon or mackerel – flaked
- 25g Nuts such as cashew or pecan – roughly chopped

Equipment

- Saucepan
- Sieve
- Mixing bowl
- Chopping board
- Sharp knife
- Tablespoon
- Kitchen roll
- Serving dish

How to make it

-  Cook the pasta in fast-boiling water until just tender but with 'bite' (al dente). Mix the oil, ketchup and lemon juice in the bowl.
-  Prepare the vegetables and add them all, except the tomatoes – to the sunflower oil, ketchup and vinegar. Add the cheese and toss the ingredients together.
-  Drain the pasta and plunge it into cold water. Drain it again and pat dry with kitchen roll.
-  Add the pasta to the vegetable and cheese mixture, and stir to combine.
-  Add quartered cherry tomatoes and transfer to the jam jar ready to take home.



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Recipe



Sun dried tomato and courgette muffins

Makes 8 – 10 muffins.

Ingredients

- 225g Self-raising Flour
- 50ml Vegetable oil
- 1 Medium courgette – grated
- 75g Cheddar Cheese – grated
- 50g Sundried tomatoes – chopped finely
- 2 Eggs – beaten
- 175ml Milk

Equipment

- Sharp knife
- Chopping board
- Grater
- Mixing bowl
- Measuring jug
- Fork
- Wooden spoon
- 12-Hole silicon muffin tin
- Cooling tray

How to make it

- 1** Heat the oven to 190°C/Gas 5.
- 2** Place the flour into the mixing bowl and stir in the courgette, sundried tomatoes and cheese into the mixture.
- 3** Add the eggs and oil to the milk and beat together and pour into the flour mixture.
- 4** Stir gently until all the ingredients are mixed together.
- 5** Divide the mixture evenly into the muffin tin.
- 6** Bake for 15 – 20 minutes until the muffins are golden brown and well risen.
- 7** Turn carefully onto a cooling tray.



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Recipe



Sussex cheese and fresh pea salad

This recipe serves 3-4.

Ingredients

- 200g Small new potatoes - washed, boiled in their skins and cooled slightly
- 150g Fresh garden peas - boiled until just soft
- 50g Mixed salad leaves
- 50g Sussex cheese (eg Scrumpy Sussex, Sussex Charmer) - cubed

For the dressing

- 1 Tablespoon low fat mayonnaise
- 1 Tablespoon white wine vinegar
- 1 Tablespoon fresh chives - chopped
- 1 Tablespoon fresh mint - chopped
- 1 Tablespoon olive oil
- Ground black pepper

Equipment

- 2 Saucepans and lids
- Sharp knife
- Chopping board
- Mixing bowl
- Measuring jug
- Fork
- Tablespoon
- Colander

How to make it

- 1** Place the dressing ingredients in the measuring jug and mix lightly using a fork.
- 2** Cut the cooked potatoes in half, lengthways and place in the mixing bowl with the cooked peas, salad leaves and Sussex cheese.
- 3** Drizzle the dressing over and serve immediately.

Hot tip

- Best served whilst potatoes and peas are still warm



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Recipe



Tasty rice salad

This recipe serves 6 - 8.

Ingredients

- 250g Brown rice
- 300ml Unsweetened apple juice
- 300ml Cold water
- 1 Red-skinned eating apple – cored and chopped
- Juice of 1/2 lemon
- 125g Canned sweetcorn – drained
- 1 Courgette – trimmed and grated
- Ground black pepper

For the dressing

- 3 Tablespoons olive oil
- 1 Tablespoon wine vinegar
- Ground black pepper
- 3 Tablespoons natural yoghurt

Equipment

- Large saucepan
- Measuring jug
- Grater
- Chopping board
- Sharp knife
- Lemon squeezer
- Sieve
- Mixing bowl
- Tablespoon
- Serving dish
- Fork or whisk
- Small bowl or screw top jar

How to make it



Place the rice, apple juice and water in the pan and bring to the boil. Reduce the heat and simmer for 25 – 30 minutes or until the rice is tender. Leave the rice to cool.



Put all the dressing ingredients into a screw top jar and shake well until emulsified or place in a bowl and whisk well.



Meanwhile, place the apple and lemon juice in the mixing bowl. Toss the apple pieces in the juice to prevent them from browning. Add the sweetcorn, and grated courgette and mix well.



Add the dressing and the cold rice and mix gently until all the ingredients are combined. Spoon the mixture into the serving dish and serve immediately.



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Recipe



Tomato and basil bread

This recipe makes 8 pieces.

Ingredients

- 225g Strong, white plain flour
- 1 x 7g sachet easy-blend yeast
- 1/2 Teaspoon salt
- 4 - 6 sun-dried tomatoes in oil - drained and chopped
- 2 Tablespoons olive oil (from the sun-dried tomatoes)
- 150ml Warm water
- Extra flour (for rolling out)
- 10 - 12 Fresh basil leaves - torn

Equipment

- Sharp knife
- Chopping board
- Mixing bowl
- Tablespoon
- Measuring jug
- Wooden spoon
- Rolling pin
- Flour dredger
- Baking tray or (or 23cm round cake tin) greased

How to make it

- 1** Put the flour and yeast in the mixing bowl. Make a well in the centre and add the oil and warm water.
- 2** Stir with a wooden spoon to form a soft dough. Sprinkle flour on to the work surface and knead the dough until it becomes smooth, springy and feels 'silky' to the touch.
- 3** Flour the surface and shape the dough into a rectangle. With the rolling pin, roll the dough into a rectangle approximately 30cm x 20cm.
- 4** With the long side of the dough nearest to you, dot the surface of the dough with the sun-dried tomatoes. Scatter the torn basil leaves evenly over the dough.
- 5** Carefully roll the dough up, encasing the chopped tomato and basil.
- 6** With the knife, cut the dough into 8 even-sized pieces. Place the bread pieces slightly apart (cut-side downwards) on the baking tray (or arrange them in the cake tin).
- 7** Heat the oven to 220°C/Gas 7.
- 8** Leave the bread to rise in a warm place for approximately 20 - 30 minutes or until it is twice its size.
- 9** Bake for approximately 15 - 25 minutes until golden-brown. Serve warm.



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Recipe



Tomato and basil salad

This recipe serves 4 – 6.

Ingredients

- 6 Tomatoes – cut into wedges
- 50g Black olives – pitted and sliced
- 25g Sun-dried tomatoes – drained and thinly sliced
- A small bunch of chives – finely chopped, or 4 spring onions – finely diced.
- Fresh basil leaves

For the basil vinaigrette

- 4 Tablespoons fresh basil leaves – torn
- 1 Garlic clove – peeled and crushed
- 2 Tablespoons Parmesan cheese – freshly grated
- 4 Tablespoons olive oil
- 2 Tablespoons lemon juice
- Freshly ground black pepper

Equipment

- Sharp knife
- Chopping board
- Large bowl or plate
- Small bowl
- Whisk
- Garlic crusher
- Tablespoon
- Fork

How to make it

- 1** Arrange all the prepared salad ingredients in a large bowl or on a large plate.
- 2** To make the vinaigrette, whisk the basil leaves, garlic, Parmesan cheese, olive oil, lemon juice and pepper in a small bowl until well blended.
- 3** Pour the vinaigrette over the salad ingredients and garnish with extra basil leaves.



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Recipe



Tomato and basil tartlets

This recipe serves 6 – 8.

Ingredients

- 1 Pack puff pastry (thawed if bought frozen)
- 5 Tomatoes – very thinly sliced
- 3 Tablespoons ready-made pesto
- 100g Buffalo Mozzarella cheese
- 12 Black olives sliced (optional)
- 5 Fresh basil leaves
- 1 Spring onion – sliced thinly
- A little flour for rolling

Equipment

- Rolling pin
- Chopping board
- Sharp knife
- Baking tray
- Pastry cutter, 12cm
- Table knife

How to make it

- 1** Heat the oven to 200°C/Gas 6.
- 2** On a floured surface roll out the pastry to the thickness of a £1 coin. Cut into circles using the pastry cutter.
- 3** Place the circles on to the greased baking tray. Spread a little pesto on each circle leaving a 2cm gap around the edge. Place a single layer of tomatoes over the pesto.
- 4** Bake for 10 – 15 minutes until almost cooked. Remove from the oven and top with a little Mozzarella cheese and a few sliced olives.
- 5** Return to the oven for a further 5 minutes until the cheese has melted. Serve warm with salad.



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Recipe

Tuppenny potage

This hearty and inexpensive soup is brimful of seasonal vegetables. The canned lentils add protein. The soup's title refers to 'tuppence' (or two 'old' pennies) – equivalent to around 1 pence in today's money.

This recipe serves 6 – 8.

Ingredients

- 1 Carrot – peeled and diced
- 1 Leek – washed and sliced
- 2 Courgettes – wiped and sliced lengthways
- 1 Large potato – peeled and diced
- 100g Green beans – trimmed and cut into 2cm pieces
- 1 x 410g Can of green lentils
- Ground black pepper
- 1 Level dessert spoon bouillon powder
- 500ml Water

Equipment

- Chopping board
- Sharp knife
- Peeler
- Large saucepan
- Slotted spoon
- Blender

How to make it

- 1** Put all the vegetables, except the green beans and the lentils, into a large pan and cover with cold water. Add the bouillon powder.
- 2** Bring the pan to boiling, put the lid on and reduce to simmering point. Cook for 10 minutes until the vegetables are almost soft.
- 3** Add the green beans and cook for a further 5 minutes.
- 4** When the vegetables are soft, remove all the courgette with a slotted spoon. Place it in a blender goblet with a little of the liquid and whizz until smooth.
- 5** Return the puréed courgette to the pan of vegetables, add the lentils and heat until almost boiling.
- 6** Season and serve.



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Recipe



Tuscan soup

This is a tasty soup and can be made using a glut of harvested produce. This recipe serves 6 - 8.

Ingredients

- 1 Large onion - peeled and finely chopped
- 2 Garlic cloves - peeled and crushed
- 3 Medium-sized potatoes - peeled and grated or diced
- 2 Courgettes - grated or finely diced
- 400g Fresh tomatoes - skinned and chopped or 1 x 400g can chopped tomatoes
- 1 Tablespoon chopped chives
- 1 Small bunch fresh basil leaves
- 1 Tablespoon bouillon powder
- 1 Tablespoon vegetable oil
- 750ml Water - hot
- Freshly ground black pepper
- 150g Creme fraiche - optional

Equipment

- Peeler
- Chopping board
- Sharp knife
- Garlic crusher
- Grater
- Measuring jug
- Tablespoon
- Wooden spatula
- Slotted spoon
- Large saucepan with lid

How to make it



If using fresh tomatoes, score across the bottom end of the tomato and place into a pan of boiling water until the skin begins to wrinkle. Remove the tomatoes from the pan using a slotted spoon and set aside until cool. Remove the skin and chop finely.



Place the vegetable oil in the dry pan and add the onion and garlic. Fry gently for 4 - 5 minutes until soft.



Add the potato, chopped tomatoes and grated courgette, together with the bouillon powder and hot water.



Put the lid on the pan and bring to the boil. Reduce the heat and simmer for 20 minutes or until the vegetables are soft.



Stir in the chopped chives and a few torn basil leaves and season with the black pepper.



Serve the soup piping hot, garnished with a few fresh basil leaves and a teaspoon of creme fraiche.

Hot tips

- The soup can be made in a large batch and frozen in smaller portions, but do not add the herbs until it has been de-frosted and is re-heating.
- Serve with warm crusty home-made bread.



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Recipe



Twice-baked potatoes

Each potato serves 1 person.








Ingredients

- 1 Medium-sized baking potato per person – washed
- 50g Cheddar cheese – grated
- 1/8 Red pepper – de-seeded and diced
- 1 Dessertspoon sweetcorn
- 1/8 Small courgette – grated
- 1/2 Fresh tomato – finely chopped
- 1 Teaspoon sun-dried tomato – finely chopped
- Ground black pepper

Equipment

- Chopping board
- Vegetable knife
- Mixing bowl
- Dessertspoon
- Teaspoon
- Fork
- Potato masher or fork
- Grater
- Baking tray

How to make it

-  Heat the oven to 200°C/Gas 6.
-  Prick the potato with a fork. Place on a baking tray and bake for one hour or until soft. Remove from the oven and cool slightly.
-  Cut the potato in half and hollow each side out using a dessertspoon. Place the cooked potato in a mixing bowl and mash thoroughly.
-  Stir in the red pepper, courgette, tomato, sun-dried tomato, sweetcorn, half the grated cheese and black pepper. Mix well.
-  Spoon the potato mixture back into the potato skins pressing down well with a dessertspoon.
-  Place on the baking tray and sprinkle with the remaining cheese.
-  Bake for 15 – 20 minutes until the cheese is melted and golden-brown.



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Recipe

Tzatziki

This recipe serves 4.

Ingredients

- 1 Cucumber
- 2 1/2 Teaspoons salt (*see note*)
- 1 Garlic clove
- 2 Tablespoons chopped mint
- 200g Greek yoghurt
- Freshly ground black pepper
- Mint leaves – to garnish
- Pitta bread – to serve

Equipment

- Peeler
- Chopping board
- Sharp knife
- Teaspoon
- Colander
- Plate
- Kitchen roll
- Mixing bowl
- Pestle and mortar
- Serving bowl

How to make it



Cut the cucumber into small dice. Place it in a colander and sprinkle with salt. Stand the colander on a plate and leave to drain.



Lightly rinse the diced cucumber under slow-running water and gently pat it dry with absorbent kitchen roll. Place it in the mixing bowl.



Place 1/2 teaspoon of salt in the mortar with the garlic clove. Grind with the pestle until the garlic has turned to a creamy appearance.



Add the garlic, chopped mint and yoghurt to the cucumber. Stir the ingredients gently to combine them. Transfer the mixture to a serving bowl. Garnish with mint leaves and serve immediately with slices of warm pitta bread.

Note

- Salt is used in this recipe only to extract excess liquid from the cucumber and to grind the garlic clove more easily. While it may be omitted altogether, unsalted cucumber tends to become watery once combined with yoghurt.



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Recipe



Vegetable chilli

This recipe serves 6.

(This recipe has been adapted from one used by Thoresby School, Hull)

Ingredients

- 2 Medium sweet potatoes – peeled and cut into chunks
- ½ Teaspoon cayenne pepper
- ½ Teaspoon ground cumin powder
- ½ Teaspoon cinnamon
- 1 Clove garlic – peeled and crushed
- 2 Tablespoon vegetable oil
- 1 Onion – finely chopped
- 1 Red pepper – deseeded and chopped
- 1 Yellow pepper – deseeded and chopped
- 1 Courgette – trimmed and diced
- 1 Red chilli – finely chopped
- 1 Green chilli – finely chopped
- 2 Cloves garlic – peeled and crushed
- 1 400g Can red kidney beans – drained and rinsed
- 1 400g Can chopped tomatoes
- 2 Tablespoons tomato purée
- ½ Teaspoon freshly ground black pepper
- A few sprigs of fresh coriander

Equipment

- Peeler
- Sharp knife
- Garlic crusher
- Chopping board
- Teaspoon
- Tablespoon
- Small mixing bowl
- Large mixing bowl
- Baking tray
- Large saucepan
- Wooden spoon
- Scissors

How to make it

- 1** Heat the oven to 200°C/Gas 6.
- 2** Mix the cayenne pepper, cumin, cinnamon, black pepper and crushed garlic together in a small bowl.
- 3** Place the chunks of sweet potato in the large mixing bowl. Add the spice mixture and 1 tablespoon on vegetable oil. Mix together well. Spread the potatoes onto a baking tray. Cook for 20 -25 minutes.
- 4** Put the remaining tablespoon of oil into a large pan over a low heat and sweat the onions and garlic for 3 minutes until soft, then add the peppers, courgette and chilli and cook for 3 minutes.
- 5** Add the tin of chopped tomatoes, the tomato puree, the kidney beans and black pepper. Stir thoroughly and simmer for 30 minutes or until the vegetables are soft.
- 6** Tear the leaves of coriander into a small bowl and save for garnish. Chop the stalks using scissors. Add the stalks to the vegetable mixture and simmer gently for 2 minutes.
- 7** Add the coriander leaves and serve with the roasted sweet potatoes.



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Recipe

Vegetable spring rolls (Chinese-style)

This recipe makes 12 – 14 spring rolls.

Ingredients

- 1 Pack filo pastry
 - 4 Tablespoons vegetable oil
- For the filling**
- 1 Teaspoon oil
 - 5 Chinese dried mushrooms
 - 1 Garlic clove – peeled and crushed
 - 1 – 2cm Piece of root ginger – peeled and finely grated
 - 1 Medium carrot – peeled and cut into thin strips
 - 100g Mangetout (or french beans)
 - 50g Bamboo shoots – drained and cut into thin strips
 - 2 Spring onions – finely chopped
 - 100g Bean sprouts
 - 50g Chinese leaves – washed and finely shredded
 - 1 Teaspoon soy sauce
 - Ground black pepper

Equipment

- Sharp knife
- Garlic crusher
- Chopping board
- Wok (or saucepan)
- Wooden spoon
- Tablespoon
- Pastry brush
- Oven gloves
- Baking tray

How to make it

- 1** Soak the mushrooms in warm water for 20 – 25 minutes. Drain and squeeze out the excess water. Remove their tough centres, then slice them thinly.
- 2** To make the filling, heat the oil in the wok (or saucepan). Add the ginger and garlic and fry for 1 minute. Add the mushrooms, carrots, bamboo shoots and mangetout and fry for 2 minutes. Finally, add the remaining filling ingredients and stir-fry for 2 minutes. Season with pepper, if desired. Leave to cool.
- 3** Heat the oven to 180°C / Gas 4. To make the spring rolls, carefully take one sheet of the filo pastry at a time, keeping the remainder covered to prevent it from drying out.
- 4** Cut each sheet of filo pastry in half to make a rectangle. Brush the rectangle with oil. Place 3 teaspoons of the filling along one short edge of the pastry closest to you. Fold 2cm of pastry from both sides in towards the centre to encase the filling firmly, then roll up tightly.
- 5** Place each spring roll on the baking tray and brush with vegetable oil. Bake in the oven for 15 – 20 minutes until golden-brown.
- 6** Serve hot or cold.



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Recipe



War-time rock cakes

This recipe serves 8.

Ingredients

- 200g Self-raising flour
- 25g Wholemeal self-raising flour
- 1 Level teaspoon baking powder
- 1/2 Level teaspoon cinnamon
- 75g Granulated sugar
- 100g Block margarine
- 1 Eating apple - chopped
- 150ml Milk

Equipment

- Small bowl
- Mixing bowl
- Teaspoon
- Table knife
- Fork
- Baking tray

How to make it

- 1** Heat the oven to 200°C/Gas 6.
- 2** Sieve the flour into the bowl and then place all the other dry ingredients, except the chopped apple, in the mixing bowl.
- 3** Add the margarine and mash the fat into the flour with the fork.
- 4** Rub the margarine into the flour with your finertips until it resembles fine breadcrumbs. Stir the chopped eating apple into the rubbed-in mixture.
- 5** Make a 'well' in the centre of the mixture and stirring with a table knife, pour enough milk in to make a stiff dough.
- 6** Using a teaspoon, spoon the mixture evenly onto the baking tray.
- 7** Bake for 15 - 20 minutes until the buns have risen and are golden-brown.



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Recipe

Wensleydale stuffed courgettes

These are ideal as a starter or can be served as an accompaniment.

This recipe serves 4.

Ingredients

- 4 Medium sized courgettes – trimmed and cut in half lengthways
- 200g Frozen garden peas – defrosted or fresh garden peas – boiled until soft
- 4 Slices pancetta
- 100ml Crème fraîche
- 100g Wensleydale cheese – grated
- Ground black pepper

Equipment

- Saucepan and lid
- Sharp knife
- Chopping board
- Sieve
- Slotted spoon
- Blender or food processor
- Grater
- Tablespoon
- Teaspoon
- Colander
- Kitchen paper
- Mixing bowl

How to make it

- 1** Put the prepared courgettes into a pan of boiling water and cook them for 5 minutes until slightly tender.
- 2** Remove the courgettes with a slotted spoon, reserve the cooking water.
- 3** Add the peas to the cooking water and boil for 3 minutes, then drain them through a colander and leave them to cool.
- 4** Using a teaspoon, carefully scoop the seedy flesh from the courgettes and dry the hollowed 'boats' with kitchen roll.
- 5** Place the cooled peas and the scooped courgette flesh in a food processor with the pancetta and whizz for 10 seconds. Transfer to a mixing bowl and stir in the crème fraîche, pepper and half the Wensleydale cheese.
- 6** Spoon the mixture into the courgette 'boats' and top with the remaining Wensleydale cheese. Place under a hot grill for 5 – 10 minutes until golden brown. Serve immediately.

Hot tips

- If you do not have a food processor or blender the pancetta can be chopped finely and the peas can be mashed thoroughly with a potato masher. The end result has a coarser texture.
- Do not scoop out too much flesh or the courgette 'boats' will be too thin and could easily tear.
- Allow the courgettes to cool sufficiently before handling them.



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Recipe



Winter smoothie

This recipe serves 8.

Ingredients

- 1 Tin of small oranges in juice, drained or 6 fresh tangerines
- 1 Ripe banana
- 1 Can of mangoes in juice
- 500ml Low fat yoghurt

Equipment

- Chopping board
- Sharp knife
- Blender
- Glasses for serving

How to make it



Chop the banana into pieces and place in the blender with the yoghurt and mangoes, including their juice.



Peel the tangerines if using and add to the blender, or add the drained tin of small oranges.



Blend the ingredients until very smooth.



Pour into glasses and serve.