

RATATOUILLE

This recipe is good served with warm crusty bread. It can be the basis of a good sauce for both pasta and fish. It goes well with mince and could even be made into a soup.

INGREDIENTS

1 Onion
1 Clove Garlic
1 Small Aubergine
1 Green Pepper
1 Courgette
2 x 400g Tinned Chopped Tomatoes
1 tbs Oil

OPTIONAL

Handful of Fresh Basil
Black Pepper

EQUIPMENT

Knife chopping board garlic press can opener wooden spatula saucepan

METHOD

1. Peel and chop the onion and peel and crush the garlic.
2. Fry the onion and garlic in the oil for 5 minutes until soft.
3. Meanwhile, chop the aubergine, pepper and courgette into small chunks.
4. Add the tomatoes and tear in the basil leaves.
5. Season with pepper and allow to simmer for 30 minutes.

PINEAPPLE UPSIDE DOWN PUDDING

A really old fashioned pudding which is great with custard. It is possible to make a chocolate version which works well with tinned pears.

INGREDIENTS

100g Caster sugar
100g Soft Margarine
2 Eggs
100g Self Raising Flour
1tsp Baking Powder
4 Rings Pineapple
2tbs Golden Syrup
4 Glace Cherries

EQUIPMENT

20cm ovenproof dish table spoon mixing bowl wooden spoon measuring jug fork sieve palette knife

METHOD

1. Light the oven 190°C/gas 5.
2. Heat a tablespoon under the hot tap and dip it into the syrup container. Pour the syrup into the bottom of the ovenproof dish.
3. Arrange the pineapple slices on top of the syrup and place a glace cherry in the centre holes.
4. Cream the margarine and sugar in a large bowl with a wooden spoon until it is pale and creamy and flicks off the spoon easily.
5. Break the eggs into a measuring jug and break up slightly.
6. Slowly beat in the eggs until they are well mixed.
7. Sieve the flour and baking powder into the cake mix and gently fold in with the tablespoon in a figure-of-eight motion.
8. Pour the cake mixture on top of the fruit and level the surface.
9. Bake for 20-30 minutes until well risen and golden brown.

QUICHE LORRAINE

A light crisp pastry base which can be filled with many different fillings, traditionally egg and bacon with single cream.

INGREDIENTS

100g Plain Flour

25g White fat

optional- 25g Cooked Ham or Cooked Bacon

25g Yellow (hard) fat or Butter

2-3tbs Water

2 Eggs

125mlk Milk

50g Cheddar Cheese

2 Tomatoes

Ovenproof dish

EQUIPMENT

Sieve table knife large bowl rolling pin flour dredger ovenproof pie dish, fork, measuring jug chopping board vegetable knife

METHOD

1. Light oven gas 6/200°C.
2. Sieve the flour into a large bowl. Cut up the fats in the flour and rub in until they resemble fine breadcrumbs.
3. Add a little cold water at a time to form a stiff, but not sticky, dough.
4. Carefully knead and roll out onto a floured table until it is large enough to line the dish and up the sides as well.
5. Carefully line the ovenproof container but do not trim the sides.
6. Crack the eggs into the jug and add the milk, whisk gently with a fork.
7. Chop the ham and grate the cheese and add to the jug.
8. Now trim the sides of the pastry. Fill the flan case but not too near to the top.
9. Slice the tomatoes and place on the top.
10. Bake for 20-25 minutes until golden brown and the filling is set.

FOCACCIA

These Focaccia are quick to finish in a short lesson providing the dough can prove.

INGREDIENTS

$\frac{1}{2}$ sachet Dried Yeast
110ml Warm Water
 $\frac{1}{2}$ tsp Salt
225g Strong Plain Flour
2tbs Olive Oil
1tbs Olive Oil for decoration
25g Grated Cheese
25g Chopped Onion
25g Chopped Sundried Tomatoes
1tsp Dried Herbs

EQUIPMENT

Mixing bowl measuring jug tablespoon baking sheet

METHOD

1. Heat oven 200°C/gas 6.
2. Place the flour, yeast, salt and herbs into a mixing bowl and mix well.
3. Add 2tbs Oil and the water to form a soft dough.
4. Knead for 5-10 minutes until the dough is smooth and elastic.
5. Knead in the flavourings for 2-3 minutes.
6. Grease a 20cm sandwich tin and press the dough in it.
7. Leave to prove until double in size.
8. Make holes in the top of the dough with a wooden spoon handle.
9. Drizzle over with the remaining oil.
10. Bake for 20 minutes until golden brown.

SPAGHETTI BOLOGNESE

You could substitute the minced beef for Lamb or Turkey mince. For a vegetarian option use quorn or lentils.

INGREDIENTS

1 Onion
1 Clove Garlic
1 Carrot
1 Celery Stick
1tbs Oil
250g Minced Beef
400g Canned Chopped Tomatoes
1tbs Tomato puree
1 Stock Cube
1tbs Mixed Herbs

EQUIPMENT

Chopping board vegetable knife garlic crusher large saucepan wooden spatula can opener

METHOD

1. Peel and chop the onion. Peel and crush the garlic.
2. Peel and finely dice the carrot and slice the celery.
3. Heat the oil in the saucepan and add the onion, garlic, carrot and celery.
4. Gently fry the vegetables until softened, stirring with a wooden spatula.
5. Add the meat and cook until the meat is browned, stirring well.
6. Add the tomatoes, puree, mixed herbs and stock cube. Mix well.
7. Season well and bring to the boil. Simmer, stirring occasionally for 20 minutes.

FRUIT CHEESECAKE

This cheesecake is quick to make and you can include a variety of fruity flavours. It can be made with low fat cheese as well

INGREDIENTS

150g Digestive Biscuits
75g Butter
225g Low Fat Cream or Curd Cheese
125ml Fresh Double Cream
50g Caster Sugar
1 Small can Apricots or Peaches
Shallow pie dish

EQUIPMENT

Polythene bag rolling pin saucepan wooden spoon grater lemon squeezer small bowl
fork large bowl electric or balloon whisk tablespoon

METHOD

1. Put the biscuits in the polythene bag and crush with the rolling pin
2. Melt the butter in the saucepan slowly. Remove from the heat and add the biscuit crumbs. Stir well
3. Place the biscuits crumbs into the base of a pie dish and press down well. Leave to one side to cool
4. Wash the lemon. Grate the zest and place in a small bowl. Squeeze the juice and add to the zest
5. Soften the cream cheese into the lemon juice and zest with a fork.
6. Whip the cream in a large bowl until thick. Stir in the cream cheese, lemon juice, zest and fold in the sugar
7. Spread the mixture over the biscuit crumbs carefully so that the biscuits stay at the bottom of the dish
8. Leave the cheesecake in the refrigerator to chill and set

FAJITAS

You could use other meat such as beef or turkey. Adding more vegetables will increase your 5 a day. Wholemeal tortillas will increase your dietary fibre intake

INGREDIENTS

1 Lime
1 Green Chilli
1 Clove Garlic
1tsp Fresh Coriander
1tbs Oil
1 Small Chicken Breast
1 Onion
1 Green Pepper
2 Tortillas
1 Tomato
25g Cheddar Cheese

Optional:

Salsa or Guacamole

EQUIPMENT

Chopping board vegetable knife lemon squeezer mixing bowl garlic crusher tablespoon grater frying pan wooden spatula

METHOD

1. Cut the lime in half and squeeze it into a large mixing bowl. Peel and crush the garlic and add to the bowl
2. Deseed and chop the chilli and add to the bowl. Chop the fresh coriander and add to the bowl. Add the oil to the bowl
3. Remove the skin from the chicken and cut into thin diagonal strips. Add the chicken to the marinade and leave on one side
4. Wash the chopping board
5. Peel and slice the onion. Slice the green pepper. Chop the tomato. Grate the cheese
6. Put a little oil in the pan. Add the chicken and marinade. Fry for 4 minutes until the chicken is cooked. Add the onion and green pepper and cook for a further 2 minutes
7. Heat the tortillas in the microwave for 2 minutes
8. Spread a little chicken in the centre of the tortilla, add the tomato and cheese.
9. Roll up and eat.

DUTCH APPLE CAKE

There are lots of possible combinations to this cake such as ginger and pear or chocolate and pear.

INGREDIENTS

100g Caster Sugar
100g Soft Margarine
2 Eggs
100g Self Raising Flour
1tsp Baking Powder
1 Eating Apple
1tsp Cinnamon
1tsp Demerara Sugar

EQUIPMENT

Mixing bowl wooden spoon small bowl fork sieve metal spoon vegetable knife chopping board

METHOD

1. Light the oven 190°C/gas 5.
2. Grease and line an ovenproof dish.
3. Cream the margarine and sugar together with a wooden spoon.
4. Break with eggs into a small bowl and break up with a fork.
5. Add the eggs a little at a time to the creamed mixture, beating well.
6. Sieve the flour and baking powder and fold in with a metal spoon in a figure of eight motion.
7. Spread the mixture over the ovenproof dish.
8. Core and slice the apple thinly and arrange them over the cake mix.
9. Sprinkle with sugar and cinnamon.
10. Bake for 20 minutes until golden brown and springs back when touched lightly with a finger.

MOUSSAKA

It is possible to make these into small - individual items. You can add little pieces of sausage or sausage meat and you can add vegetables such as onions too.

INGREDIENTS

500g Minced Beef
1 Onion
1 Clove Garlic
1tsp Cinnamon
400ml Can Plum Tomatoes
1 Stock Cube
2tbs Tomato Puree
1 Aubergine
150g Pot Greek Yogurt
2 Eggs

EQUIPMENT

Chopping board vegetable knife garlic crusher saucepan spatula measuring jug fork ovenproof dish

METHOD

1. Light the oven 210°C/gas 7.
2. Peel and chop the onion. Peel and crush the garlic.
3. Heat a little oil in a saucepan, add the onion and garlic and fry until soft.
4. Add the meat and cook until the meat is browned, stirring well.
5. Add the tomatoes, cinnamon and stock cube and mix well.
6. Season well and bring to the boil.
7. Place the meat into an oven proof dish and put to one side.
8. Slice the aubergine and place on top of the meat, overlapping the slices.
9. Mix the eggs and yogurt together in a jug. Pour over the meat and aubergines.
10. Bake for 30-40 minutes until golden brown.

CHOCOLATE FUDGE PUDDING

This pudding produces a wonderful chocolate fudge sauce which sinks to the bottom of the dish when it bakes.

INGREDIENTS

100g Soft Margarine
100g Caster Sugar
2 Eggs
75g Self Raising Flour
25g Cocoa Powder - not Drinking Chocolate
100g Soft Brown Sugar
25g Cocoa
250ml Water

EQUIPMENT

Mixing bowl wooden spoon small bowl fork sieve metal spoon saucepan

METHOD

1. Light the oven 190°C/gas 5.
2. Grease an ovenproof dish.
3. Cream the margarine and sugar together with a wooden spoon.
4. Break with eggs into a small bowl and break up with a fork.
5. Add the eggs a little at a time to the creamed mixture, beating well.
6. Sieve the flour and cocoa and fold in with a metal spoon in a figure of eight motion.
7. Spread the mixture over the ovenproof dish.
8. Blend the remaining cocoa with the brown sugar and water in a saucepan.
9. Bring the mixture to the boil. Pour over the cake mixture
10. Bake for 30 minutes until well risen and springs back when touched lightly with a finger.
11. The sauce will have sunk to the bottom.

