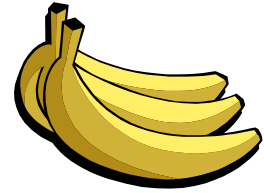


Banana cakes



Ingredients

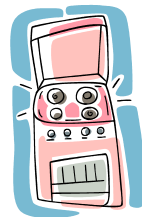
50g S.R. Flour
50g Soft Margarine
50g Caster Sugar
1 Egg
½ banana

Equipment

Large Bowl
Small Bowl
Sieve
Plate
Electric whisk) from
6 paper cases) teacher
Bun tin between 2)

Method

1. Set oven – electric 190°C (gas mark 5)



2. Collect ingredients - margarine and sugar → large bowl
flour → sieved onto plate
egg → small bowl
banana → table

3. Put 6 paper cases into bun tin.

4. Add the egg and flour to the large bowl.

5. Use the electric whisk to cream the mixture together for 2 minutes (until mixture is soft and creamy).



6. Mash the banana and add to the mixture.

7. Divide the mixture evenly between the 6 cake cases using a teaspoon.

8. Using oven gloves, put the tray on to the top shelf in the oven. Bake for 12-15 mins.

9. When the cakes are ready they will be golden in colour and springy to touch.

Jam Tarts

Ingredients (between 2)

200g plain white Flour
100g Margarine
5x10ml cold Water
2 x 15ml Jam (each)

Equipment

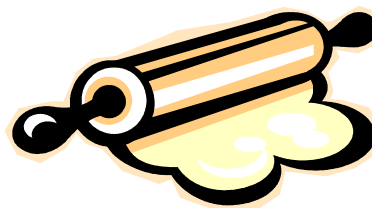
Large bowl	}	between two
Small bowl		
Plate		
Sieve		
Pot stand		
Flour dredger		
Small bowl	}	each
Rolling pin		

Method

1. **Set oven to 200°C (Gas No 6.)** Grease bun tin
2. Collect ingredients - flour → sieved into bowl
- margarine → onto plate
- water → into small bowl
- jam → into small bowl
3. Put flour into food processor. Cut margarine into 4 pieces – add to bowl of processor. Add water.
4. Process for one minute until the pastry forms a dough.
5. **Remove the blade from the processor**, then remove the dough.
6. Divide pastry dough into 2 equal pieces. **Now work individually.**



7. Knead the pastry and roll it into a circle about ½cm thick.

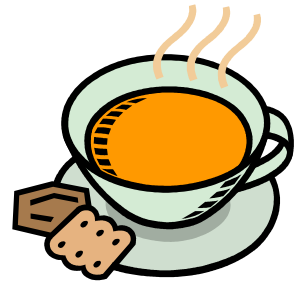


8. Use the cutter to cut 6 circles. Press the circles into the base of the bun tin.
9. Place half a teaspoon of jam on each pastry circle.



10. Put tray into oven and bake for 15 minutes. **Remember to use oven gloves.**

Lentil Soup



Ingredients and equipment between 2

Ingredients

100g Lentils
1 Carrot
1 Onion
1 Stock cube
10g Margarine
800ml water

Equipment

Measuring jug
Small bowl
Sieve
Pot with a lid
Pot stand

} between 2

Chopping board (each)
Vegetable knife (each) – your teacher will give you this later

Method

1. Collect ingredients - vegetables → on to plate
- stock cube → into pot
2. Place water into pot with the stock cube. Bring the water to the boil and then reduce.
3. Wash and peel the carrot, grate into the bowl.
4. Peel and chop the onion. Place in bowl.
5. Remove the stock from the cooker. Add the vegetables, lentils and a pinch of salt and pepper.
6. Return the soup to the heat and bring to boil. Reduce the heat to simmer the soup. Put the lid on the pot.



7. Simmer for 15 minutes.



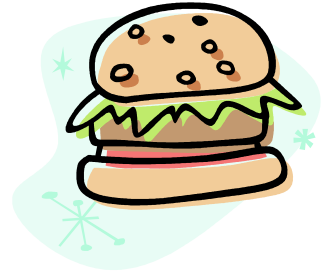
8. Remove the pot from the cooker and use the hand blender to liquidise the soup.



Be very careful. Follow the safety instructions given by your teacher.

Burger

Ingredients and equipment between 2



Ingredients

100g minced chicken
4 x 15ml breadcrumbs
3 x 15ml onion
¼ apple
½ egg
1 tomato
1 piece of cucumber
1 roll (each)

Equipment

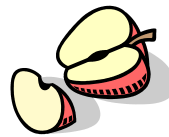
Large bowl
Small bowl
Grater
Yellow chopping board
Plate
Green chopping board (each)

Method

1. Collect ingredients
egg → small bowl
fruit / veg → plate
rest → large bowl

2. Grease table top grill then switch on.

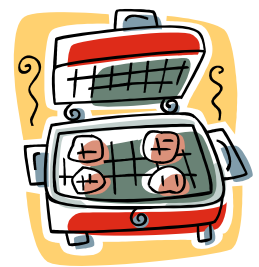
3. Grate apple, add to large bowl.



4. Add egg to large bowl and mix together with a fork.

5. Place mixture on yellow chopping board and divide in half.

6. Shape mixture into burger and cook on grill for 5 mins using the plastic spatula to lift.



7. Prepare the salad on the green chopping board and spread the roll.

8. Serve the burger on the roll with the salad.



Chocolate pudding



Ingredients

30g S.R. flour
20g Cocoa powder
50g Caster sugar
50g Margarine
1 Egg
15ml spoon Syrup

Equipment

Large bowl
2 small Bowls
Plate
Sieve

Electric whisk (your teacher will tell you when to collect this)

Method

1. Collect ingredients - flour and cocoa powder → sieved onto a plate
- margarine, sugar → large bowl
- syrup → microwave bowl
- egg → small bowl

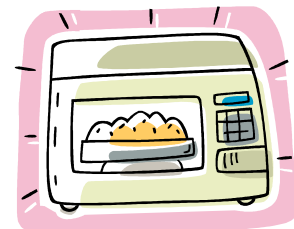
2. Add the egg and flour to the large mixing bowl.

3. Cream the sponge mixture in the large bowl for 2 minutes using an electric mixer.



4. Put the mixture into the microwave bowl. Cover loosely with cling film. Cook for 2 minutes at 800W.

5. Remove bowl from microwave and allow to stand for 2 minutes.



6. Carefully remove the cling film and turn out onto a plate.

