

Sweet Potato Pasta

Ingredients

50g fusilli pasta
½ sweet potato
½ onion
1 stick of celery
2 sundried tomatoes
2 tinned tomatoes
2 fresh basil leaves
1.25ml garlic salt
15ml oil

Equipment

sieve
2 small bowls
chopping board
plate
small pot with lid
large pot } between 2
pan stand }

vegetable knife (your teacher will give you this later)

Method

1. Collect ingredients:
Oil → small pot with lid
Tomatoes, garlic → small bowl (1)
Pasta → small bowl (2)
vegetables → plate
2. **Between 2** half fill the large pot with cold water. Bring the water to the boil
3. Wash, peel and then rewash the potato.
Wash the celery.
Peel the onion
4. Add the pasta to the boiling water. Boil for 5mins then add the potato
5. Cut potatoes into 2.5cm cubes
Finely chop onion.
Chop celery, basil and sun dried tomato
6. Fry onion and celery in oil for 3 mins. Add garlic – fry for 2mins.
7. Add both types of tomatoes and basil. Season.
Bring to boil then simmer for 2mins.
8. Drain pasta and potatoes.
9. Divide between the two portions of sauce and stir to mix.



Savoury Mince

Ingredients

50g Quorn Mince
½ onion
¼ green pepper
½ carrot
2 tinned tomatoes
½ vegetable stock cube
1x5ml tomato puree
1x15ml oil
75ml water

pinch mixed herbs

2

teacher

Equipment

pot stand
1 small pot with lid
grater
chopping board
sieve
2 small bowls
1 plate
measuring jug
1 large pot - **between**

Sharp knife (**your**

will give you this

later)

Method

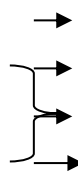
1. Collect ingredients;

vegetables

oil

tomatoes, tomato puree,
stock cube, herbs & mince

Pasta



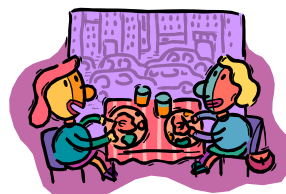
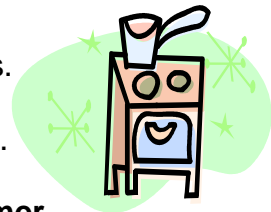
plate

pan with lid

small bowl (no1)

small bowl (no2)

2. Peel and **finely chop onion**. Wash and **dice green pepper**. Wash, peel and **grate carrot**.
3. Heat oil in small pot, add the vegetables and fry gently for 3 minutes.
4. **Add all** the ingredients from small bowl (no1) along with 75ml water.
5. Place onto the heat and bring to the boil. Reduce the heat and **simmer** the mince mixture with a **lid** on for **15 minutes**.
6. **Between 2-** Half fill a large pan with cold water and bring to the boil.
7. When the water is boiling, add the pasta and **cook** for **10 minutes**
8. **Drain** pasta then divide **between 2**
9. Arrange pasta around the edge of your dish. Carefully spoon the mince mixture into the centre of the pasta.
10. Serve



Cheese and Tomato Pinwheels

Ingredients

150g SR flour
Pinch cayenne pepper
50g margarine
50g cheese
100ml milk (approx)
2 x 15ml pizza topping
1.25ml mixed herbs

Equipment

Large bowl
Sieve
Plate
Grater
Measuring jug
Small bowl
Rolling pin
Baking tray



Method

- Set oven at **200°C**. Grease baking tray
- Collect ingredients:
 - Flour, cayenne pepper → sieved into large bowl
 - Pizza topping, herbs → small bowl
 - Milk → measuring jug
 - Margarine, cheese → plate

- Grate cheese. Cut margarine into 8 pieces and add to the flour.
- Using your fingertips, rub the margarine into the flour until the mixture resembles breadcrumbs.



- Add in half the grated cheese.
- Add most (**but not all**) of the milk and mix to an elastic dough – **add more if required**.

- Knead the dough and roll out into a rectangle – 20cm x 25cm.

- Spread the pizza topping over the base
Sprinkle the cheese over the base.



- Roll up and cut into 8 pieces. Place on baking tray

- Bake for 15mins.

Remember to use oven gloves



Sausage Risotto

Ingredients

2 low fat sausages
½ onion
1 mushroom
2x15ml frozen mixed vegetables
1x15 ml spoon sweetcorn
½ vegetable stock cube
1x15 ml spoon Worcester sauce
1x15ml spoon vegetable oil
160ml water
50g rice

Equipment

small pot with lid
2 plates
sieve
small bowl
measuring jug
chopping board
pot stand

vegetable knife (**your teacher will give you this later**)

Table Top Grill (**between 4**)

Method

1. Collect ingredients;

oil	→	small pot
onion & mushroom	→	paper towel
rice	→	sieve on a plate
frozen veg, stock cube, worcester sauce & sweetcorn	} →	small bowl
water	→	measuring jug
sausages	→	plate

2. **Wash** the rice in a sieve.

3. Peel and **finely chop** onion. Wash and **slice** mushroom.

4. Heat oil in a small pot, add onion and rice. **Gently fry** for 4 minutes **stirring all the time**.

5. **Add** the rest of the ingredients and seasoning.

6. Simmer over a **low heat** for 15 minutes until the rice is soft and all the water has been absorbed. (You may need to add a little more boiling water)

7. **Preheat** the table top grill.

8. Grill the sausages for 5 minutes.



9. Cut **each** sausage into **six pieces** using your knife and fork. Stir the sausages into the rice mixture.

10. Serve.



Fried Rice

Ingredients

3 slices of cooked chicken
75g long grain rice
2 x 15ml oil
½ egg
½ clove of garlic
1 spring onion
1 mushroom
3 x 15ml frozen mixed vegetables
1 x 15ml soy sauce

Equipment

1 large pan (**between 2**)
sieve (**between 2**)
2 small bowls
plate
chopping board
pot stand

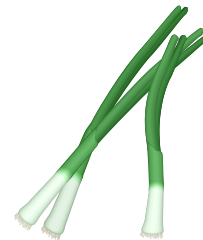
sharp knife & wok
(your teacher will give you
these later)

Method

- | | | | |
|-------------------------|---------------------|---|----------------|
| 1. Collect ingredients; | chicken, frozen veg | → | plate |
| | rice | → | small bowl (1) |
| | oil | → | wok |
| | egg, soy sauce | → | small bowl (2) |
| | vegetables | → | paper towel |

2. **Between 2** half fill the pan with cold water, add a little salt. Bring to the boil. Add both sets of rice and cook for 10-12 minutes.

3. Crush or finely chop garlic.
Slice mushrooms.
Cut spring onions diagonally into 2.5cm strips.
Slice the chicken.



4. Drain the cooked rice. Divide between the two woks.
5. Add all of the vegetables and chicken to the wok. Fry on a medium heat for 3 minutes.

6. Stir in the egg and soy sauce. Fry for 1 minute.

7. Serve.



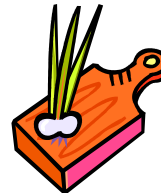
CHICKEN CHOW MEIN

Ingredients

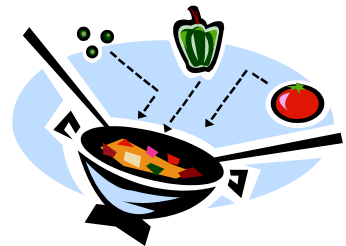
75g Chinese Noodles
15ml Oil
1 Spring Onion
½ Carrot
¼ Green Pepper
3x15ml Frozen Peas
50g Frozen Green Beans
5ml Sugar
2.5ml Rice Wine
3 Slices of Cooked Chicken
2x15ml Beansprouts
15ml Soy Sauce
Salt

Method

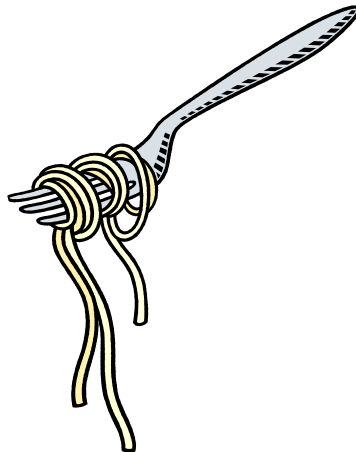
- 1) Collect all of your ingredients.
- 2) Grate carrot, chop spring onion and slice green pepper.
- 3) Cook the noodles in boiling salted water for 4-5 minutes, drain using a sieve and set aside on a plate.



- 4) Add oil to frying pan and heat. Add the onions, carrot and peppers and stir-fry for 2-3 minutes.



- 5) Add salt, sugar and rice wine, beansprouts and sliced chicken. Cook for 2-3 minutes.
- 6) Add the cooked noodles and soy sauce. Cook for 1-2 minutes and then serve.



FRUIT CRUMBLE

Ingredients

1 Large Cooking Apple
25g Caster Sugar
50g Wholemeal Flour
25g Margarine
25g Bran flakes (Crushed)
25g Demerara Sugar
25g Sultanas

Optional additions

1.25ml – mixed spice/cinnamon
15ml spoon coconut

Equipment

Large Bowl
Sieve
Chopping Board
Plate
2 Small Bowls
Baking Tray
Vegetable Knife (your teacher will give you this later)

Method

- 1) Collect ingredients
- | | |
|------------------------------|-------------------|
| margarine | → plate |
| apple | → chopping board |
| flour | → sieve over bowl |
| sultanas & caster sugar | → small bowl |
| demerara sugar & bran flakes | → small bowl |

- 2) Set oven at 200°C/Gas 6.

- 3) Sieve flour into bowl (tip any bran left in the sieve into the bowl). Rub in the margarine until mixture resembles fine breadcrumbs.

- 4) Stir in Demerara sugar and bran.

- 5) Peel and slice apples.



- 6) Place half the apples in an ovenproof dish and sprinkle with the caster sugar and sultanas.

- 7) Sprinkle crumble mixture over fruit and bake in oven for 20-25 minutes until golden brown and fruit is soft.

Remember to use oven gloves

**TIP:- Reheat in oven 180°C, Gas 4 for 15-20 minutes.
Place in microwave and cook on high for 2½ minutes.**

