

# S3 Practical Cookery Recipes

# Cream of Corn Soup

## Ingredients

1 rasher bacon  
½ small onion  
1 large potato  
½ stick celery  
25g margarine  
1 tsp chicken stock  
300ml boiling water  
salt and pepper  
75g canned sweetcorn  
1 x 5 ml spoon cornflour  
125ml skimmed milk  
1 x 5ml spoon chopped parsley

## Method

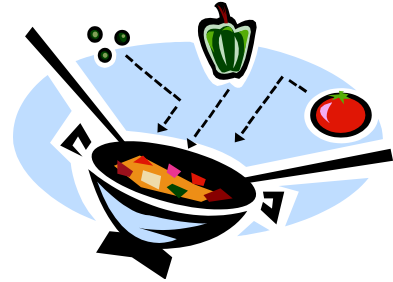
1. Collect ingredients. Peel potato.
2. Dice onion, thinly slice potato and celery, cut bacon into small pieces.
3. In a soup pan, melt margarine and fry bacon and onion until clear. Then add potatoes and celery.
4. Add stock and simmer with the lid on till potatoes and other vegetables are soft, approximately 20 minutes.
5. Add sweetcorn.
6. In a cup, blend cornflour with a little milk using a teaspoon and then add to the rest of the milk.
7. Add cornflour mixture to the soup pan and bring to the boil, stirring all the time.
8. Simmer for 5 minutes.
9. Puree or liquidise with a hand blender.
10. Serve garnished with parsley. Croutons may be served.

# Pork and pineapple stir-fry

## Ingredients

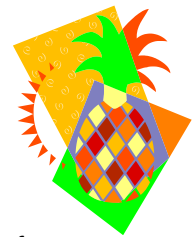
- 1 pork steak
- 1 small can pineapple pieces (in natural juice)
- 2 × 15 ml spoons tomato ketchup seasoning
- 2 × 15 ml spoons sunflower oil
- 1/8 small white cabbage
- 1 large carrot
- 1/2 large onion

*Peel, Cut  
Slice*



## Method

1. Cut the pork into thin strips.
2. Wash and shred the cabbage.
3. Wash, peel and cut the carrot into thin strips.
4. Peel the onion and slice thinly.
5. Drain the juice from the pineapple pieces and mix with tomato ketchup and seasoning.
6. Heat the oil in a frying pan or wok and add the pork. Stir-fry until browned.
7. Add the cabbage, carrot and onion and stir-fry for 2 minutes.
8. Add and stir in the pineapple pieces, juice and ketchup mixture.
9. Bring to boil and simmer for 2–3 minutes, until the mixture is reduced by half.
10. Serve with rice or noodles.



the

until

# Spicy apple roll

## Ingredients

### Pastry

100 g plain flour  
50 g margarine  
pinch salt  
½ egg

## *Slice, Roll out, Mix*


### Filling

25 g margarine (melted)  
1 cooking apple  
25 g All Bran cereal  
2.5 ml spoon mixed spice  
25 g margarine  
37½ g sugar  
37½ g sultanas

**Oven: 220°C/Gas 8 then 190°C/Gas 5**

**Time: 30–35 minutes**

## Method

1. Set the oven.
  2. Rub the margarine into the flour until the mixture resembles fine breadcrumbs.
  3. Add the egg and salt and make into a smooth dough.
  4. Roll out to 20 cm × 15 cm rectangle.
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5. Wash, peel, core and slice the cooking apple.
6. Brush the pastry with the melted margarine.
7. Mix the remaining ingredients together and sprinkle over the pastry rectangle.
8. Roll up like a swiss roll. Brush the top with melted margarine.
9. Bake in the oven for 15 minutes before reducing the oven temperature. Cook for another 15–20 minutes.
11. When golden brown, place on a cooling rack and dredge lightly with icing sugar.

# Swiss roll

## Ingredients

- 2 eggs
- 50 g self-raising flour
- 50 g caster sugar
- 3 × 15 ml spoons jam

**Whipping cream for decoration**



**Oven: 220°C/Gas 7**

**Time: 7–8 minutes**

## Method

1. Grease and line swiss roll tin with greaseproof paper and thoroughly grease again.  
**Double** sieve the flour.
2. Place the eggs and caster sugar into a bowl. Whisk until the mixture is stiff and fluffy.
3. FOLD in the flour. Pour mixture into tin, spread out.
4. Bake until golden and spongy.
5. Tidy up.
6. Warm the jam gently in the microwave for 15 seconds.
7. Wring out a tea towel in water, spread on the table, cover with greaseproof paper and sprinkle with caster sugar.
7. Take the cake out of the oven and turn out at once. Using a sharp knife, trim edges at top and the two long sides (if crisp). Indent the nearest side -1cm from the edge.
8. Quickly spread the jam evenly over the cake to within 3 cm of the short edge.
9. Roll up quickly and carefully make sure that the seam is underneath.



Dredge with sugar or **pipe cream to decorate.**



# Spiced carrot and lentil soup

## **Ingredients**

- 1 Garlic clove
- 15ml Vegetable oil
- ½ Onion
- 75g Red lentils
- 5g Coriander
- 500ml Vegetable stock
- 300g Carrots
- 60ml Milk
- 5g Cumin seeds
- 10ml Natural yoghurt
- Small pinch chilli flakes

## **Method**

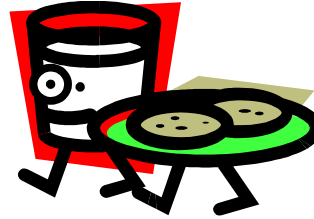
- 1) Chop the garlic, onion and coriander and peel and grate the carrots.
- 2) IN a pan, carefully heat the cumin seeds and chilli flakes until they pop.
- 3) Remove half the spice and reserve until later.
- 4) Add the oil to the pan and sweat the onion and garlic without colour.
- 5) Add the carrots, lentils, stock and milk and bring to the boil. Reduce the heat, season and simmer for 15-20 minutes.
- 6) Taste the soup and adjust the seasoning if required- the lentils should be swollen and soft.
- 7) Add the reserved spices and finish with coriander and yoghurt.

# Chocolate and walnut biscuits

## Ingredients

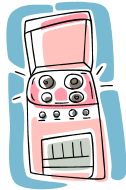
37½ g margarine  
50 g caster sugar  
1 egg  
drop vanilla essence  
90 g self raising flour  
25 g chopped walnuts  
25 g bran flakes  
50 g chocolate chips

## *Cream*



**Oven: 190°C/Gas 5**  
**Time: 10–12 minutes**

## Method



1. Set the oven.
2. Cream the margarine and sugar together until soft and light.
3. Add the egg and vanilla essence and mix well.
4. Gradually add the flour, nuts, bran flakes and chocolate chips.

At this stage the mixture should be quite soft.

5. Drop teaspoons of the mixture on to a greased tray.



baking

6. Bake for 10–12 minutes or until crisp and golden brown.
7. Allow to cool before removing to a cooling rack.

The finished biscuits can be half dipped in melted chocolate.

# Curried mince with lentils

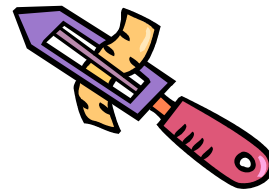
## Ingredients

*Peel*

150 g minced beef or lamb  
1 onion  
1 carrot  
1 × 15 ml spoon curry powder/paste  
1 × 15 ml spoon tomato ketchup  
1 small can chopped tomatoes  
50 g split red lentils  
200 ml stock  
seasoning

## Method

1. Peel and finely chop the onion.
2. Wash, peel and chop the carrot.
3. Place the mince and onion in a pan and dry fry until browned.
4. Add the carrot and curry powder/paste and cook for 1 minute.
5. Stir in all the other ingredients.
6. Bring to the boil, cover and simmer for 20 minutes.
7. Serve with crusty bread or a jacket potato.





# Bran and almond shortbread

## Ingredients

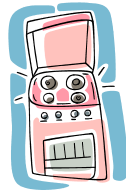
*Mix*

90 g wholemeal flour  
90 g margarine  
37½ g All Bran/bran flakes (crushed)  
27½ g caster sugar  
25 g chopped almonds

**Oven: 190°C/Gas 5**

**Time: 15–20 minutes**

## Method



1. Set the oven.
2. Rub the margarine into the flour until it resembles fine breadcrumbs.
3. Add the remaining ingredients, mixing well until it all sticks together.
4. Use cutters to cut out mixture or place the mixture into a 25 cm × 15 cm tin. Press down well.
5. Bake until top is golden brown.
6. Sprinkle sparingly with caster sugar. If baked in the tin, cut into 10 fingers while still warm.
7. Leave in the tin to cool.
8. Serve.

# Cheese and onion flan

## Ingredients

### **Pastry**

100 g plain or wholemeal flour or 50 g plain flour and 50 g wholemeal flour  
50 g margarine  
pinch salt  
4 × 15 ml spoons water (add more if using wholemeal flour)

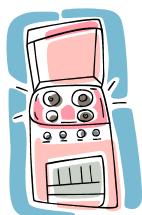
### **Filling**

125 ml milk  
2 eggs  
50 g cheese  
1 onion  
seasoning  
parsley and tomato to garnish.

**Oven: 200°C/Gas 6**

**Time: 15 minutes – baking blind  
20–30 minutes with filling**

## Method



1. Set oven.
2. Sieve flour into a large bowl, add margarine, cut up with a knife.
3. Rub the margarine into the flour until it resembles fine breadcrumbs.
4. Stir in all the water to form a stiff dough. Knead lightly for a few seconds until smooth.

5. Roll out to a circle and use to line a flan ring.



Bake

blind.

**Turn over**

6. Peel and finely chop the onion.

7. Grate the cheese.



8. Beat the eggs with a fork in a small bowl. Add milk to the eggs. Add grated cheese and chopped onions to this mixture.
9. Season the mixture.
10. Pour into the flan case. Bake for 20–30 minutes until set and golden brown.
11. Garnish with slices of tomato and sprigs of parsley.
12. Serve.



# Steamed Sponge Pudding

Ingredients	Equipment
25g plain flour 25g wholemeal flour 2.5ml spoon baking powder 50g caster sugar 50g margarine 1 egg 15ml spoon syrup	sieve electric whisk spatula tablespoon

## Method

1. Collect all ingredients for the sponge. Sieve the flour and baking powder onto a large plate.
2. Quarter fill a large pan with water, place lid on pan and bring to the boil.
3. Lightly grease a pudding bowl and put the syrup in the base.
4. Cream together the margarine and sugar in a large bowl until light and fluffy. Gradually add the egg beating well between each addition.
5. Fold in the flour and baking powder using a tablespoon.
6. Place the mixture over the syrup and smooth until level.
7. Cover the pudding bowl with greaseproof paper.
8. Gently lower the pudding bowl into the boiling water, ensuring that the water only comes half way up the side of the bowl.
9. Bring the water back to the boil, lower the heat and steam for an hour.
10. Test for readiness.
11. Turn into a warmed plate and serve while hot.

# Kedgerree

## Ingredients

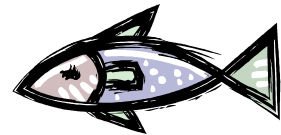
1 smoked haddock (100 g)  
100 g long grain brown rice  
1 egg  
25 g margarine  
25 g cooked peas  
parsley to garnish

## Cut

## Method

1. Place the egg in a pan of cold water. Bring to the boil and boil for 10 minutes. Allow to cool in cold water before removing the shell.

2. Poach the fish gently in a little water until the flakes easily (10–15 minutes).



fish

3. Drain and flake the fish.

4. Wash the rice under cold water. Add to a large pan of boiling water and cook for 20–25 minutes or until soft.



5. Melt the margarine in a pan and add the rice, flaked fish and cooked peas. Stir carefully to heat through.

6. Spoon the mixture into a warm serving dish.

7. Cut the boiled egg into wedges. And garnish the dish with the egg and parsley.

8. Serve.

## Malay Style Chicken

### Ingredients

50g rice  
1 x 10ml spoon cooking oil  
1 x 5ml spoon cumin  
1 x 5ml coriander  
1 x 5ml turmeric  
1 onion peeled and sliced  
 $\frac{1}{2}$  green or red pepper seeded and chopped  
1 chicken breast  
50g cream coconut  
125ml chicken stock cube  
2 pineapple rings

<b>Preparation Time:</b>	<b>Oven Temperature:</b>
<b>Cooking Time:</b>	<b>Servings/portions:</b>

### Method

1. Half fill pan with water. Bring to boil
2. Add rice and cook for 10 - 15 minutes
3. Prepare chicken (chop into bite size pieces)
4. Chop and slice onion and pepper
5. Crush garlic
6. Heat the cooking oil in a heavy based pan and stir fry the spices for  $\frac{1}{2}$  minute
7. Add the onion, pepper, garlic and chicken and stir fry for a further 2 - 3 minutes, until the chicken is well sealed.
8. Add all the remaining ingredients and bring to the boil.
9. Simmer uncovered for 20 - 30 minutes, until chicken is cooked through
10. Drain rice when cooked and serve neatly with chicken sauce in centre
11. Decorate with chopped parsley

## Bran cheese straws

### Ingredients

50 g margarine  
50 g self-raising flour  
50 g All Bran cereal – crushed  
pinch salt  
1.25 ml spoon cayenne pepper  
75g cheese – grated  
2 x 15 ml spoons water

**Oven: 180°C/Gas 4**

**Time: 20 minutes**

*Grate*

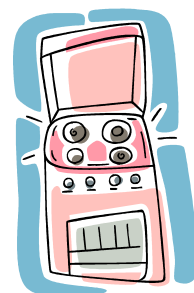
### Method

1. Rub the margarine into the flour until it resembles fine breadcrumbs.
2. Add the All Bran cereal, salt, cayenne pepper and the  
grated cheese. Mix well together.
3. Add the water and mix to form a dough.



4. Knead lightly and roll out thinly.
5. Cut into fingers measuring 1 cm wide by 10 cm long.

6. Place on a well-greased baking tray and bake for  
20 minutes or until brown.



7. Leave to cool on the baking tray.

about

8. Serve.