

Couscous salad

Ingredients

150g couscous (wholewheat if possible)

250ml water (do not bring in)

½ stock cube (chicken or vegetable)

½ a cucumber

2 tomatoes (8 cherry would be easier)

50g Feta cheese/ greek-style cheese (optional)

Fresh herbs either basil, mint or chives (optional)

Salt and pepper

Equipment: large lunchbox with a lid to make the salad in and carry it home.

Method

1. Put the couscous into your container.
2. Place the stock cube into a jug, pour over 250ml of hot water and stir to dissolve.
3. Cover the couscous with the water/stock and replace the lid.
4. Chop the cucumber into small cubes. Cut the tomatoes in half and then cube.
5. If using cheese cut this into small pieces.
6. Finely chop any fresh herbs.
7. Using a fork fluff up and separate the couscous so there are no lumps.
8. Put all the ingredients into the couscous, add salt and pepper and stir thoroughly.

Savoury Egg Puffs

Ingredients

4 eggs

50g cheese (hard for grating)

2 spring onions

25g each of **two** of the following; sweet corn (tinned), red pepper, courgette, mushrooms, frozen peas

6 **Muffin** cases

Optional fresh mint.

Equipment: a container to carry them home in.

Method

1. Crack the eggs in to a jug and whisk with a fork to combine. Season with salt and pepper.
2. Grate the cheese.
3. Trim and finely chop the spring onions.
4. Finely chop any other ingredients including herbs.
5. Grease six cups in a muffin tin with oil and pop a muffin case in each.
6. Mix the cheese, spring onions and other vegetables together.
7. Add the egg mixture and stir thoroughly to combine.
8. Divide the mixture between the six muffin cases.
9. Bake for 10 – 15 minutes until risen and golden.

Fruit Scones

Ingredients

250g self raising flour

60g butter or margarine

150ml milk

25g sugar

75g currants or sultanas

Equipment: container to carry them home

Method

1. Preheat oven to 200°C/ gas mark 7
2. Sprinkle flour onto a baking tray
3. Sieve the flour into a mixing bowl
4. Rub the butter or margarine into the flour using your fingertips until it resembles fine breadcrumbs
5. Stir in the sugar and fruit with a spoon
6. Make a well in the centre of the flour and stir in the milk a little at a time until the mixture clumps together to form a ball of dough
7. Place the dough on a floured worksurface and roll out evenly to approximately 2cm thick.
8. Cut out your scones by pressing down firmly with a cutter.
9. Place onto your baking tray and brush with a little milk to glaze them.
10. Bake for approximately 10 – 15 minutes until golden brown.

Coleslaw

Option One

Ingredients

6 tablespoons plain yogurt
½ teaspoon Dijon mustard
2 tablespoons mayonnaise
½ white cabbage
2 carrots
½ onion

Equipment : tub to
Carry home in

Method

1 Mix the yogurt, mustard & Mayonnaise together in a bowl To make the dressing.
2. Use a box grater, to grate the cabbage & carrots.
3. Grate the onion or chop as finely as you can.
4. Tip all of the vegetables Into the bowl & stir through the dressing.

Option two

Ingredients

300g red cabbage
1 large carrot
1 red-skinned apple
bunch spring onions
2 tbsp mayonnaise
1 tbsp wine vinegar
1 tbsp extra-virgin olive oil
mustard cress (optional)
2 tbsp wholegrain mustard (optional)

Method

1 Grate or finely slice the cabbage, carrot & apple & Place into a bowl.
2. Finely slice the spring onions & add to the bowl.
3. Whisk together the mayo, Vinegar & oil in a jug & season.
4. Pour the dressing over the vegetables & mix thoroughly.
5. Snip the mustard cress & stir into the coleslaw with the mustard.

Fruit Muffins

Ingredients

250g self raising flour
1 teaspoon bicarbonate soda
100g caster sugar
200ml milk
2 medium eggs
85ml oil
150g of fruit, e.g. blueberries, raspberries, banana.

Optional 50 g of white chocolate or milk chocolate or toffee drops.

Equipment: Approximately 12 Muffin cases and a container to carry them home.

Method

1. Preheat oven to 200°C.
2. Sift the flour and bicarbonate of soda in to a mixing bowl and stir in the sugar.
3. Measure the milk and oil in to a measuring jug.
4. Add the eggs to the jug and whisk with a fork to combine.
5. If using a banana or larger fruit chop in to small pieces.
6. Stir the milk mixture into the flour until combined.
7. Stir in the fruit and chocolate if using.
8. Place 12 muffin cases into a cake tin and carefully spoon the mixture in.
9. Bake for 15 – 18 minutes until risen and golden.

This recipe works really well with frozen berries straight from the freezer also gluten free SR flour can be used.

Apple Crumble

Ingredients

900g Cooking apples

75g sugar (25g needed if using blackberries)

1tsp cinnamon (optional)

For the crumble:

225g plain flour

120g Butter, cut into cubes and chilled

100g soft light brown sugar

100g jumbo oats (optional)

Equipment: oven proof dish

Method

1. Peel and slice the apples into your oven proof dish.
2. Sprinkle over the sugar (75g), cinnamon and blackberries if using, and mix together gently.
3. Place the flour and butter in a mixing bowl. Using your fingertips rub the butter into the flour until the mixture resembles coarse breadcrumbs.
4. Stir in the light brown sugar and oats if using.
5. Spread the crumble evenly over the fruit and bake in the oven for 30-35 minutes.

Blackberries can be picked and added and eating apples will work just as well as cooking apples with less sugar added.

This will have to be baked at home as there isn't enough time in the lesson.

Vegetable Stir Fry

Ingredients

Choose three of the following vegetables or your own combination:

½ Pepper (any colour), ½ courgette, mange tout, broccoli, handful of mushrooms, carrot.

4 spring onions or ½ an onion

1 clove garlic

Small piece fresh ginger

1tbsp oil (sesame oil gives a distinctive flavour), 1-2tbsp water

1-2 sachets of ready cooked noodles

Small bag ready cooked prawns (optional)

Stir fry sauce of your choice or sweet chilli sauce (both optional)

Equipment: tub to carry home your dish

Method

1. Wash and finely slice any vegetables and the onion.
2. Peel the garlic and ginger and chop finely.
3. Place the oil in a pan on a medium heat.
4. Add the onion and fry gently for two minutes.
5. Add the garlic and ginger and stir briefly.
6. Add in the remaining vegetables and continue to stir for two to three minutes.
7. Add in a spoonful of water and cover with a lid for to steam the vegetables. Check frequently to prevent sticking.
8. After three minutes add in the prawns (if using) and any sauce.
9. Stir thoroughly and transfer to your container.
10. Reheat until piping hot at home.

Roasted Vegetables and Couscous

Ingredients

- 1 onion
- 1 courgette
- 1 stick celery
- 1 carrot
- 1 red pepper

Other vegetables such as squash, sweet potato and aubergines may also be added or swapped.

- 1 tspn dried herbs (2-3 sprigs of rosemary/other home-grown herbs)
- 2 tbsps olive oil
- Salt and pepper
- 1 vegetable or chicken stock cube
- 300ml water, boiled and hot
- 200g couscous (whole wheat is really tasty – not giant please)

Equipment: container to carry it home with a sealed lid.

Method

1. Peel and slice the onion.
2. Chop all the other vegetables in to 1cm cubes.
3. Place the vegetables into a baking tray and cover with the oil, herbs and seasoning.
4. Use your fingers to thoroughly combine all the ingredients and place into the oven. Carefully stir your vegetables every 10 minutes so they cook evenly.
5. Put the stock cube in to a jug and add 300ml of hot water. Stir to dissolve.
6. Place the couscous in to your container and pour over the prepared stock, cover with the lid or cling film.
7. When your vegetables are cooked add them to the couscous and stir thoroughly.

I serve this with roast chicken and pour some of the juices from the pan into the couscous.

Tomato Sauce

Ingredients

- ½ large onion
- 1 clove garlic
- ½ stick celery
- ½ carrot
- ½ red pepper(optional)
- 1 tbsp oil
- 1 tin tomatoes (value work just as well)
- 1tbsp balsamic vinegar (optional)
- Salt and pepper

Equipment: tub to carry home your sauce plus old margarine tub to freeze enough for pizza topping next week

Method

1. Finely slice the onion, celery and pepper.
2. Peel the garlic and grate the carrot.
3. Place the oil in a pan on a medium heat.
4. Add the onion and fry gently for two minutes.
5. Crush in the garlic and stir briefly.
6. Add in the remaining vegetables and continue to stir for two to three minutes.
7. Add in the tinned tomatoes, balsamic vinegar, salt and pepper and half a can of water, stir thoroughly.
8. Turn up the heat to high until the sauce starts to bubble, then reduce the heat to low. Leave the sauce to simmer for at least 20 minutes. Stir occasionally.
9. Label your margarine tub with a permanent marker – name and tutor group.
10. Transfer your sauce carefully to both of your containers and wash your saucepan.
11. Reheat until piping hot at home.

Pizza

Ingredients

Please bring in 50p and the school will provide the bread base mix.

Tomato sauce – in freezer

Choose from the following toppings:

Mushrooms, sweetcorn, peppers, onions, pineapple, olives, ham, tuna or any other combinations.

Approx 100g Cheese – cheddar or mozzarella

Equipment: container to carry it home (baking tray).

Method

1. Add 160 ml of warm water to the bread mix and stir in with a knife.
2. Bring into a ball with your finger tips and turn on to a floured board. Knead for 5 minutes.
3. Using your knuckles and palms stretch the base out on the pizza tin.
4. Prepare any ingredients for your toppings.
5. Using a spoon spread the tomato sauce evenly over your pizza base.
6. Carefully place your toppings on to the pizza.
7. Cover with grated cheddar or dot around pieces of mozzarella.
8. Place in to the oven for approximately 10 – 15 minutes.
9. Allow to cool before cutting in to slices to carry home.

Pineapple upside down cake

Ingredients

2 tablespoons sugar

6 slices canned pineapple in juice (plus 3 tablespoons of the juice)

11 glacé cherries (optional)

100 grams self raising flour

100 grams soft butter/margarine

100 grams caster sugar

2 large eggs

Equipment: container to carry home your cake

Method

1. Sprinkle the 2 tablespoons of sugar on top of a lightly oiled , lined cake tin . Then arrange the pineapple slices to make a circular pattern across the bottom.
2. If using fill each pineapple ring with a glacé cherry, and then dot one in each of the spaces in between.
3. Put the flour, baking powder, bicarbonate of soda, butter, caster sugar and eggs into a mixing bowl and whisk with an electric whisk. Then pour in the 3 tablespoons of pineapple juice to thin it a little.
4. Pour this mixture carefully over the cherry-studded pineapple rings; it will only just cover it, so spread it out gently.
5. Bake for 30 minutes, then ease a spatula around the edge of the tin, place a plate on top and, turn it upside-down.