

The Ripley Academy



2021-2022

Recipe book



Year 9

Introduction to Food Preparation and Nutrition

Name

Form

Technology group.....

Teachers Name

This Booklet must be brought in for all your Food Technology lessons.

Dear Parent/Carer

I am writing to let you know that your son/daughter will be undertaking food tasting and cooking at school shortly as part of the Licence to Cook. This programme has been designed to address the standards, skills and knowledge that support food education for students.

We will be preparing, cooking and tasting lots of different types of dishes.

This booklet contains the ingredients, methods, storage and re-heating instructions of recipes produced by Ripley Academy.

All students will be given advanced notice for each recipe so that there is adequate time to purchase ingredients in order that they can participate in practical Food Technology lessons. If there are any difficulties in providing ingredients, please do not hesitate to contact me at school. I will do my best to try and help.

Students who are unable to bring ingredients should bring a note from parents/carers; failure to do so will result in the student being given a department detention. The student will be expected to continue with written work during the practical lesson.

Below are a set of guidelines:

All pupils are expected to provide themselves with an apron. An apron may be borrowed from school, on a limited basis.

Where meat is used, most recipes can be adapted to suit vegetarians.

If there is a problem providing a particular ingredient, it may be possible to buy it from school. However it is advisable to check a few days in advance.

It is advisable to think how your child will carry their cooking home. Please supply suitable containers/carriers. Please supply your child with tin foil to cover their dishes. Do not send your best china/glass dishes!

Ingredients may be bought to the room prior to registration. Finished practical will be kept safe until being collected at the end of school.

If a pupil is absent from a lesson they must check if a recipe has been set for the following week.

Thank you in anticipation for your support. If you have any questions or concerns please do not hesitate to contact me.

Mrs Bishop
Food Preparation and Nutrition Teacher

Creamy chicken, bacon and basil pasta

Ingredients

- 3 tbsp oil (school provides)
- 3 large boneless chicken thigh, skin removed, cut into strips
- 5 rashers bacon, chopped
- 1-2 garlic cloves, crushed
- salt and freshly ground black pepper (school provides)
- 300ml/10fl oz double cream
- 450g/1lb farfalle or any shape
- handful fresh basil, torn, plus extra for garnish (optional)
- 200g/7oz cheddar or Parmesan, grated, plus extra to garnish



Method

1. Cook the pasta according to packet instructions in a pan of salted boiling water, then drain.
2. Heat the olive oil in a frying pan, add the chicken strips and bacon and cook for 3-4 minutes, or until the chicken is golden-brown and cooked through.
3. Add the garlic and cook for one minute. Season, to taste, with salt and freshly ground black pepper, add the cream and warm through.
4. Add the creamy sauce to the cooked, drained pasta and stir well.
5. To serve, stir in the basil and cheddar spoon onto serving plates. Garnish with extra grated cheese and basil leaves.

Reheat at home for approx. 20 mins gas mark 6/200°C or until piping hot right through

Fajitas

With parental permission, one of these wraps is ideal to have as a break time snack or lunch the day you make them!

Ingredients

3-4 tortilla wraps

1 raw chicken breast or Quorn pieces

Choose 3 or 4 of the following ingredients:

1 pepper

1 onion

1 courgette

4-5 mushrooms

1 carrot

1 stick of celery

2 tbsp of sweetcorn

1 tbsp of tomato puree

Fajitas spice mix – (School provides as much or as little as you like)

1 tbsp of oil – (School provides)

50g of grated cheese

Also remember to bring a sealed container to take your fajitas home in.



Method

1. Chop and slice vegetables into thin long strips.
2. Using a red chopping board chop chicken into thin strips.
3. Place the oil into the wok/large frying pan and place onto a medium heat, add your chicken and stir fry until white on the outside.
4. Add your chopped vegetables and stir into your chicken over a medium heat.
5. Mix in your tomato puree and Fajita spice making sure your chicken and vegetables are well coated.
6. Continue to cook/stir for a further 5 minutes until your chicken is well cooked. Use a temperature probe to check.
7. Place some of your filling down the centre of each wrap, sprinkle on the cheese, fold and roll as shown.
8. Place into your container.

Cheese Cake

150g digestive biscuits
75g margarine
200g full fat soft cheese
50g caster sugar
125ml double cream
1 lemon



Flan dish or 20p foil tray from school

Named sealable container that you will be able to take your cheese cake home in.

Method

1. Crush the biscuits in a plastic bag or bowl using a rolling pin.
2. Melt the margarine in a pan add this to the biscuits use this mixture to line the base of your flan dish press down with a spoon.
3. Zest and juice the lemon into a clean bowl.
4. Add the cream, sugar and cheese to the bowl, mix together.
5. Spoon the filling into the prepared flan case and chill.
6. Decorate the cheese cake with grated chocolate, lemon twist or fresh fruit.

Shepherd's Pie

This recipe will be done over 2 lesson

Ingredients

250g minced beef/lamb/chicken/quorn
1 finely chopped onion and/or 1 finely diced carrot
1 oxo or stock cube
1 tbsp gravy granules (or flour)
600-800g potatoes (approx. 4 or 5 old potatoes, suitable for mashing)
25g margarine or butter
A little milk
25g grated Cheddar cheese (optional)



Don't forget your oven proof dish that you will use to cook your pie in and a container to carry home your shepherd's pie.

Method

1. Half fill a large saucepan with hot water and put on the hob to boil.
2. Wash the potatoes if necessary then peel them onto newspaper/paper towels. Cut them into small pieces then carefully lower them into the boiling water.
3. Put the lid on the pan and simmer for 20 - 25 minutes.
4. If not already prepared at home, using a sharp knife, peel and finely chop the onion then peel and dice the carrot.
5. Place minced meat in a saucepan and fry in its own fat if beef is used (otherwise fry in a tablespoon of school oil) until browned. Stir all the time with a wooden spoon to prevent it sticking.
6. Add the chopped onion/carrot and stir.
7. Put stock cube into a measuring jug (crumble first if using an oxo). Make stock by adding 200ml boiling water. Stir this into meat and onion and simmer 25 mins, stirring occasionally.
8. Tidy work surface and wash any pots. Collect a colander and a potato masher.
9. Make thickening for meat: put flour into a small basin, add 2 tbsp cold water and mix to a smooth paste. Add to meat, stirring well. OR simply stir in the gravy granules. Bring to boiling point and cook a further 2 mins. Pour into ovenproof dish.
10. Drain potatoes through the colander placed in the bottom of the sink, shake off excess water and put back into saucepan. Mash potatoes until smooth adding margarine and milk as you go.
11. 'Dot' spoonfuls of mash over the meat then join together with a palette knife. Smooth the surface and mark with the back of a fork. Sprinkle with grated cheese. Cover, name and refrigerate.

At home, bake for approx. 30 mins gas mark 6 / 200° C or until piping hot right through.

Fishcakes

Ingredients

- 2 medium potatoes (or sweet potatoes)
- 200g/7oz cooked fish- use either smoked mackerel or a tin of tuna or salmon
- a small lemon, juice only
- freshly ground black pepper (School provides)
- 100g/3½oz cream crackers or similar savoury biscuits (or breadcrumbs if you have them)
- 1 tbsp vegetable or sunflower oil (School provides)



Optional extras

- 2 spring onions, chopped
- 1 tbsp chopped chives or parsley
- 1 tbsp grated cheddar
- 1 tsp wholegrain mustard (from school)

Method

1. Preheat the oven to 220C/425F/Gas 7.
2. Cut and wash the potatoes put on the potatoes to boil.
3. Once the potatoes have cooled, you can then peel the skin off the potatoes with their fingers and squash the flesh into a bowl. Mash the potato using a masher, fork or clean fingers.
4. Add the fish and mix well. Add the lemon, a little pepper and any of the optional extras you like. Have a taste - you can add more pepper or lemon, if you like. All of the ingredients are cooked at this point so it is safe to taste!
5. Place the crackers in a sandwich bag and wrap it in a clean tea towel or layers of kitchen paper. Crush the crackers using a rolling pin - it is safer to roll over the crackers rather than bashing! Pour the cracker crumbs onto a plate.
6. Get your hands a little bit wet and roll small balls of the fishcake mixture. Don't worry too much about making perfect balls - you can flatten them into patties. Get the outside of the fishcakes damp again and push them into the bowl of crushed crackers - you want a light coating of crumbs all over the fishcakes.
7. Pour the oil over the bottom of a baking tray and place the fishcakes on top. Turn them all over once so that they have a little oil on each side. An adult can place the baking tray into the preheated oven.
8. Bake the fishcakes for 10 minutes on one side and then turn the fishcakes over before placing them back in the oven for another 10 minutes or until the fishcakes are golden-brown. Carefully remove from the oven and leave to cool slightly before serving.

At home, bake for approx. 20 mins gas mark 6 / 200° C or until piping hot right through.

Gingerbread house

Ingredients

For the gingerbread

250g unsalted butter

200g dark muscovado sugar

7 tbsp golden syrup

600g plain flour

2 tsp bicarbonate of soda (School provides)

4 tsp ground ginger (School provides)

To decorate this is some ideas

200g flaked almonds

2 egg whites

500g icing sugar, plus extra to dust

125g mini chocolate fingers

generous selection of sweets of your choice, choose your own colour theme

1 mini chocolate roll or a dipped chocolate flake

few edible silver balls



Method

1. Heat the oven to 200C/180C fan/gas 6. Melt the butter, sugar and syrup in a pan. Mix the flour, bicarbonate of soda and ground ginger into a large bowl, then stir in the butter mixture to make a stiff dough. If it won't quite come together, add a tiny splash of water.
2. Cut out the template (download from the tips below). Put a sheet of baking paper on a work surface and roll about one quarter of the dough to the thickness of two £1 coins. Cut out one of the sections, then slide the gingerbread, still on its baking paper, onto a baking sheet. Repeat with remaining dough, re-rolling the trimmings, until you have two side walls, a front and back wall and two roof panels. Any leftover dough can be cut into Christmas trees, if you like.
3. Pick out the most intact flaked almonds and gently poke them into the roof sections, pointy-end first, to look like roof tiles. Bake all the sections for 12 mins or until firm and just a little darker at the edges. Leave to cool for a few minutes to firm up, then trim around the templates again to give clean, sharp edges. Leave to cool completely.
4. Put the egg whites in a large bowl, sift in the icing sugar, then stir to make a thick, smooth icing. Spoon into a piping bag with a medium nozzle. Pipe generous snakes of icing along the wall edges, one by one, to join the walls together. Use a small bowl to support the walls from the inside, then allow to dry, ideally for a few hours.
5. Once dry, remove the supports and fix the roof panels on. The angle is steep so you may need to hold these on firmly for a few mins until the icing starts to dry. Dry completely, ideally overnight. To decorate, pipe a little icing along the length of 20 mini chocolate fingers and stick these lengthways onto the side walls of the house. Use three, upright, for the door.
6. Using the icing, stick sweets around the door and on the front of the house. To make the icicles, start with the nozzle at a 90-degree angle to the roof and squeeze out a pea-sized blob of icing. Keeping the pressure on, pull the nozzle down and then off – the icing will pull away, leaving a pointy trail. Repeat all around the front of the house. Cut the chocolate mini roll or dipped Flake on an angle, then fix with icing to make a chimney. Pipe a little icing around the top. If you've made gingerbread trees, decorate these now, too, topping each with a silver ball, if using. Dust the roof with icing sugar for a snowy effect. Lay a winding path of sweets, and fix gingerbread trees around and about using blobs of icing. *Your gingerbread house will be edible for about a week.*

Star bread

Christmas Star Bread

300g strong plain flour
(wholemeal or white)
½ tsp. salt (School provides)
225ml warm water (School provides)
1 Packet fast action yeast 7g
1 tsp. sugar

Or £1 from school

**Filling of jam, Nutella or
cinnamon**

Method



1. Pre heat oven to electric 210 C
2. Sieve flour into a large mixing bowl and keep warm. Add the salt, sugar and yeast
3. Measure water (room temperature) into a jug.
4. Make a well in the centre of the flour and add the liquid. Stir with a palette knife mix to a “pliable” dough.
5. Place dough on a floured table and knead for 5 minutes.
6. Divide the dough into 4 even sized pieces and roll into a large circle shape.
7. Place the first layer onto a baking tray and spread with mixture of your choice (repeat for the next 3 layers no topping on the last layer).
8. Follow the pictures.
9. Bake for 12 minutes.

Pasta Bake

This recipe serves 4 people so adapt as necessary

Ingredients

200g Pasta shells (or similar)
500ml Milk
50g Plain flour
50g Margarine
125g Grated Cheese
1 slice of bread to be made into breadcrumbs at school

Choose one Protein

A tin of tuna
2 Chicken breasts cooked and chopped
4-6 sausages grilled and sliced
100g cooked ham chopped

Choose one to two vegetables

1 Pepper
1 Onion
6- 8 Mushrooms
Small tin of sweetcorn- no need to cook



Also REMEMBER to bring an OVEN PROOF DISH and container to carry home your pasta bake.

Method

1. ½ fill a large saucepan with water and bring to the boil. Add pasta once boiling and reduce heat to a high simmer for 8 – 10 minutes.
2. In another saucepan place the milk, flour and margarine and place on a medium heat. Using a balloon whisk, whisk until thickened as the liquid comes to the boil. Take off the heat as soon as it thickens and stir in ½ the grated cheese.
3. Season the sauce and add the protein and vegetables and stir in.
4. Drain your pasta and place into your oven proof dish. Pour the sauce over.
5. Breadcrumb your bread in a food processor and sprinkle over the top with the remainder of the cheese.
6. Wash and wipe the pots and clear away.

Reheat at home for approx. 25 mins gas mark 6/200°C or until piping hot right through

Lasagne

The recipe below is very flexible and can be adapted to suit your family

Ingredients

Approx. 10 sheets lasagne
Large pot of crème fraiche (reduced fat is best)
25g finely grated Parmesan cheese (or 50-75g grated Cheddar)
50ml milk
400g minced beef (or vegetarian alternative)
1 onion (finely chopped at home)
1 tbsp oil (from school)
1 clove garlic (or use garlic paste from school)
1 tbsp tomato puree
400g tin tomatoes (whole or chopped)
50-75g mushrooms
1 pepper (any colour)
½ tsp mixed dried herbs (school provides)
1 stick celery
1 carrot

**Try to include at
least 2 of these and
prepare them at
home**



If you want to make a vegetarian version, consider adding other ingredients such as sweet potato, courgette, aubergine, sweetcorn, lentils etc.

REMEMBER TO BRING A LARGE OVENPROOF DISH, PREFERABLY SQUARE OR RECTANGULAR.

Method

1. Collect large saucepan, wooden spatula, chopping board, sharp knife, small mixing bowl. Open tin(s).
2. Place oil in pan and put on a med/high heat. Add mince, onion and crushed garlic and stir continuously until the meat has browned.
3. Add the tin of tomatoes, tomato puree and herbs. Bring to boiling point and then turn the heat down and simmer for 20 mins.
4. Finely dice the pepper/celery, wash and slice mushrooms, peel and grate carrot. Add into saucepan and stir well every few minutes. **MAKE SURE THE PAN IS SIMMERING.** You may need to add a small amount of water.
5. Meanwhile, make the sauce. In a small mixing bowl, combine the milk, crème fraiche and half the grated cheese.
6. Place either 1/3 or 1/2 of the meat mixture into your serving dish (depending on how big it is) and cover with a layer of lasagne sheets.
7. Repeat the layers.
8. Finish by covering with the cheese sauce and sprinkling the spare cheese on top.

COOK THOROUGHLY AT HOME, bake approx. 30 mins gas mark 6 / 200° C or until piping hot right through.

Swiss Roll

Ingredients

3 large eggs
75g caster sugar
75g self-raising flour
4 tablespoons jam or lemon curd
150g fresh fruit- raspberries, strawberries,
blackberries, Satsuma (optional)



Don't forget your container to take home your Swiss roll

Method

1. Preheat oven to 180°C, gas mark 5.
2. Grease the base and sides of a Swiss roll tin, place the prepared greaseproof paper in the tin, and fold to fit into the corners. Grease the base and sides of the greaseproof paper.
3. Put the eggs and sugar in a mixing bowl, and whisk together with an electric whisk on high speed until the mixture has increased in volume, is very thick, pale in colour, and the whisk leaves a trail lasting 2 or 3 seconds on the surface of the mixture.
4. Add the flour, and fold in very gently with a tablespoon.
5. Pour the mixture into the prepared tin, level off, and bake for 10-12 minutes until well-risen, golden brown, and springy to touch.
6. While the cake is in the oven, place another piece of greaseproof paper on top of a slightly damp, clean tea towel, and sprinkle the paper evenly with extra caster sugar.
7. Beat the jam in a small bowl until soft.
8. When the cake is cooked, turn it out, upside-down, onto the sugared paper, and remove the lining paper.
9. Spread the jam evenly over the cake, leaving a 1cm border all the way round.
10. Using a knife, make a groove in the cake 2cm up from the edge nearest you.
11. Fold this grooved end over to form a start to the roll.
12. Roll the cake up tightly, using the sugared paper to help.
13. Decorate with fresh fruit.

Chocolate Fudge cake

Ingredients

175g self-raising flour
2 tbsp cocoa powder
1 tsp bicarbonate of soda (from school)
150g caster sugar
2 tbsp golden syrup
2 large eggs, lightly beaten
150ml sunflower oil
150ml semi-skimmed milk



For the icing

100g unsalted butter
225g icing sugar
40g cocoa powder
2 ½ tbsp milk

Method

1. Heat oven to 180C/160C fan/gas 4. Grease and line the base of two 18cm sandwich tins.
2. Sieve 175g self-raising flour, 2 tbsp cocoa powder and 1 tsp bicarbonate of soda into a bowl. Add 150g caster sugar and mix well.
3. Make a well in the centre and add 2 tbsp golden syrup, 2 lightly beaten large eggs, 150ml sunflower oil and 150ml semi-skimmed milk. Beat well with an electric whisk until smooth.
4. Pour the mixture into the two tins and bake for 25-30 mins until risen and firm to the touch. Remove from oven, leave to cool for 10 mins before turning out onto a cooling rack.
5. To make your butter icing, place 100g unsalted butter in a bowl and beat until soft.
6. Gradually sieve and beat in 225g icing sugar and 40g cocoa powder then add enough milk to make the icing fluffy and spreadable – around 2 ½ tbsp.
7. Sandwich the two cakes together with the butter icing and cover the sides and the top of the cake with more butter icing.

Fake away pick one of the next 4 recipes

Curry

This is a very flexible recipe which can be adapted to suit your family.

Ingredients

1 onion (finely chopped at home)
1 tsp garlic paste (from school)
1 tbsp oil (from school)
1 medium potato
400g can tomatoes (whole or chopped)
2 tbsp curry paste
200ml water

2 ingredients from the following list:

1-2 boneless chicken breasts (or equivalent amount of quorn)
Tin of chickpeas or lentils
3-4 handfuls of fresh spinach
6-8 mushrooms – chop at home
1 aubergine – chop at home
1 courgette – chop at home
1 carrot – peel and chop at home
2 sticks celery – chop at home
1 pepper (any colour) – deseed and chop at home



Suitable named container to take food home.

Method

1. Collect large saucepan, wooden spatula, chopping board (a red one if using fresh meat), measuring jug, sharp knife, tin opener etc. Prepare meat by cutting in to bite size pieces, set aside on red plate.
2. Prepare the vegetables that are not already prepared e.g. peel and dice potato (rubbish on paper towels) – remember bridge/claw grip, chop downwards to keep safe.
3. Open cans (drain lentils/chickpeas through sieve if using), wash spinach in colander under cold running water.
4. Add 1 tbsp oil to pan and place on med/high heat. Add onion/garlic and stir continuously with wooden spatula for 2-3 mins. Add chicken pieces and curry paste, stir well until the chicken has begun to turn white.
5. Add potato and all other veg (except spinach, tinned lentils/chickpeas) stir well. Add water if needed and give everything a good mix. Bring the pan to boiling point then reduce the heat and simmer for 20 mins (until the vegetables are soft when pierced with a fork and chicken is at least 75°C). Add the spinach/lentils/chickpeas if using and allow to heat through. Transfer to container.
6. Reheat thoroughly at home and serve with boiled rice/couscous/naan bread etc. This curry is nice with fresh coriander stirred through.

Reheat at home for approx. 25 mins gas mark 6/200°C or until piping hot right through

Chilli con carne recipe

1 large onion
1 red pepper
2 garlic cloves
1 tbsp oil (School can provide)
1 heaped tsp hot chilli powder (School can provide)
1 tsp paprika (School can provide)
1 tsp ground cumin (School can provide)
500g lean minced beef
1 beef stock cube
400g can chopped tomatoes
½ tsp dried marjoram (School can provide)
1 tsp sugar (School can provide)
2 tbsp tomato purée (School can provide)
410g can red kidney beans



method

1. Chop 1 large onion into small dice.
2. Cut 1 red pepper in half lengthways, then chop. Peel and finely chop 2 garlic cloves.
3. Start cooking. Put your pan on the hob over a medium heat. Add 1 tbsp oil and leave it for 1-2 minutes until hot.
4. Add the onion and cook, stirring fairly frequently, for about 5 minutes, or until the onion is soft, squidgy and slightly translucent.
5. Tip in the garlic, red pepper, 1 heaped tsp hot chilli powder or 1 level tbsp mild chilli powder, 1 tsp paprika and 1 tsp ground cumin.
6. Give it a good stir, then leave it to cook for another 5 minutes, stirring occasionally.
7. Brown 500g lean minced beef. Turn the heat up a bit, add the meat to the pan and break it up with your spoon or spatula.
8. Make the sauce. Crumble 1 beef stock cube into 300ml hot water. Pour this into the pan with the mince mixture.
9. Add a 400g can of chopped tomatoes. Tip in ½ tsp dried marjoram, 1 tsp sugar and add a good shake of salt and pepper. Squirt in about 2 tbsp tomato purée and stir the sauce well.
10. Simmer it gently. Bring the whole thing to the boil, give it a good stir and put a lid on the pan. Turn down the heat until it is gently bubbling and leave it for 20 minutes.
11. Drain and rinse a 410g can of red kidney beans in a sieve and stir them into the chilli pot. Bring to the boil again, and gently bubble without the lid for another 10 minutes, adding a little more water if it looks too dry.

At home serve with soured cream and plain boiled long grain rice.

Don't forget your container.

Doner kebab

Ingredients

500g lamb mince
1 small onion, coarsely grated
4 garlic cloves, minced or finely grated
100g fresh breadcrumbs
2 tsp ground cumin (School can provide)
2 tsp ground coriander (School can provide)
1 tsp dried oregano (School can provide)
¼ tsp smoked paprika (School can provide)
sunflower oil for oiling (School can provide)



To serve

- pitta breads, shredded red or white cabbage, sliced onion, chopped tomatoes, pickled chillies, chilli sauce, garlic sauce, tahini.

Method

1. Heat the oven to 200C/180C fan/gas 6. Tip all the ingredients except the oil into a food processor with a large pinch of salt and lots of ground pepper. Pulse until everything is combined and chopped together. You can also just squish everything together in a bowl but this will give you a looser finish.
2. Oil a large sheet of foil, tip the meat mix in the middle and mould to a very thick sausage, roughly the shape of an aubergine. Roll up the foil tightly, twisting up the ends to create a Christmas cracker shape.
3. Lay on a shallow roasting tin and roast in the oven for 35-40 mins, turning occasionally, or until a digital cooking thermometer reads 75C when pierced in the middle. Leave the kebab to cool a little, then unwrap the foil.
4. Place on a board and carve into thin slices. Serve with warm pitta bread and any of the other accompaniments, including chilli sauce and garlic yogurt sauce.

Don't forget your container.

Chicken Enchiladas

This recipe will make 10 so reduce accordingly to how many you want to make

Ingredients

3 tbsp olive oil (School can provide)
2 red onions, sliced
2 red peppers, sliced
3 red chillies, 2 deseeded and chopped, 1 sliced
small bunch coriander, stalks finely chopped, leaves roughly chopped - plus extra to serve (optional)
2 garlic cloves, crushed
1 tbsp ground coriander (School can provide)
1 tbsp cumin seeds (School can provide)
6 skinless chicken breasts, cut into small chunks
415g can refried beans
198g can sweetcorn, drained
700ml bottle passata
1 tsp golden caster sugar (School can provide)
10 tortillas
2 x 142ml pots soured cream
200g cheddar, grated

Don't forget your oven proof dish and container.



1. Heat 2 tbsp of the oil in your largest pan, then fry the onions, peppers, chopped chilli and coriander stalks with half the garlic for 10 mins until soft. Stir in 2 tsp ground coriander and 2 tsp cumin seeds, then fry for 1 min more. Meanwhile, in another frying pan, fry the chicken in the remaining oil, in batches, until browned – add it to the pan of veg as it is done.
2. Stir the beans, sweetcorn, coriander leaves and 150ml of the passata into the veg and chicken. In a bowl, mix the rest of the passata with the other crushed garlic clove, the remaining spices and the sugar, then set aside.
3. To assemble, lay the tortillas onto a board and divide the chicken mixture between them, folding over the ends and rolling up to seal. Divide the passata sauce into the dishes you are using, then top with the enchiladas. Dot over the soured cream, sprinkle with grated cheese and scatter with the sliced chilli.
4. Cool and freeze (see freezing tips, below) or, if eating straight away, heat oven to 200C/180C fan/gas 6, then bake for 30 mins, scattering with more coriander leaves to serve, if you like.

Easter carrot cakes

Ingredients

125g carrots
100g sugar
75g margarine
100g plain flour
1 tsp cinnamon (school will provide)
1 tsp baking powder (school will provide)
1 large egg
60g (2oz) sultanas
12 cupcake cases



Bring a plastic container with a lid (name in top) to take it home in.

Method

1. Preheat the oven to gas mark 6, 200°C or fan 180°C,
2. Place 12 cupcake cases in the tin.
3. Top and tail the carrot, then peel and grate the carrots into a bowl.
4. Add the sugar and margarine and mix all the ingredients together.
5. Sift the flour into the bowl, along with the baking powder. Add the cinnamon.
6. Crack the egg into a small bowl and beat it before adding it to the cake mixture.
7. Add the sultanas and stir again. You could try swapping these for other dried fruits like cranberries or apricots.
8. Divide the mixture equally between the cupcake cases using two metal spoons. This part can get messy so be careful.
9. Bake for 15 to 20 minutes until they're golden and piping hot throughout.

To test - They should bounce back when you press the top with a finger and a skewer inserted into the middle should come out clean with no raw cake mixture on it

10. Once baked remove them from the oven and allow them to cool.

Meringue piping skills

Ingredients

2 large egg whites, at room temperature

60g caster sugar

60g icing sugar

Small carton of double cream (optional)

100g of milk chocolate (optional)



Method

1. Heat the oven to 110C
2. Line 2 baking sheets with non-stick liner or parchment paper (meringue can stick on greaseproof paper and foil).
3. Tip 2 large egg whites into a large clean mixing bowl. Whisk them on medium speed with an electric hand whisk until the mixture resembles a fluffy cloud and stands up in stiff peaks when the blades are lifted.
4. Now turn the speed up and start to add 60g caster sugar, a dessertspoonful at a time. Continue beating for 3-4 seconds between each addition. It's important to add the sugar slowly at this stage as it helps prevent the meringue from weeping later. However, don't over-beat. When ready, the mixture should be thick and glossy.
5. Sift one third of the 60g icing sugar over the mixture, then gently fold it in with a big metal spoon or rubber spatula. Continue to sift and fold in the remaining icing sugar a third at a time. Again, don't over-mix. The mixture should now look smooth and billowy.
6. Pipe small circles of the mixture on to the baking sheet. Or just drop them in rough rounds, if you prefer.
7. Bake for 30 minutes in a fan oven, until the meringues sound crisp when tapped underneath and are a pale coffee colour.
8. Leave to cool on the trays or a cooling rack. *(The meringues will now keep in an airtight tin for up to 2 weeks, or frozen for a month.)* Serve two meringues sandwiched together with a generous dollop of softly whipped double cream.
9. Melt the chocolate in a large bowl over a pan of boiling water, once melted dip half your Meringue into the chocolate. Leave to cool and set.
10. Place in to container.

Fruit curd

Ingredients

2 Lemons or 2 oranges or 2 passion fruits or 50g soft fruits

100g caster sugar

50g butter/margarine

2 eggs

1 jam jar



Method

1. Grate the zest of the lemon/orange into a large glass bowl.
2. Squeeze the juice from both lemons or oranges and add to the zest or Cut open and scoop out the flesh of the passion fruit or blend the soft fruit and pass through a sieve.
3. Add the sugar and butter to the glass bowl
4. Place the glass bowl over a pan of simmering water
5. Carefully whisk in the eggs and continue whisking until the mixture thickens (coagulates)
6. Pour the mixture into a plastic jug so it's easier to manage for the next step.
7. Pour the mixture now into a jam jar and seal with the lid.

Lemon Meringue Pie

Short crust pastry 1:2 fat to flour

150g plain flour
75g margarine
2tps cold water from school

Filling

25g cornflour
250ml water
1 large lemon
25g sugar
2 egg yolks
25g butter

Meringue

2 egg whites
100g caster sugar



7 inch flan tin or 20p for a school one

Method making the pastry -lesson 1

1. Pre heat the oven gas 7/210 c
2. Place the flour in a mixing bowl.
3. Rub in the fat, so it looks like breadcrumbs.
4. Add water a TEASPOON AT A TIME. Between each addition, squash the mixture together to form a dough. Once it comes together in a ball, stop adding water.
5. Roll the pastry out so it will cover your flan tin- add flour to the work top and the rolling pin to stop it sticking! Remember to roll and turn, roll and turn so it doesn't stick.

Lesson 2

6. Blind bake the pastry for 7 minutes
7. Zest and juice the lemon
8. Separate the eggs.
9. In a pan over a low heat whisk the water, cornflour with the lemon zest and lemon juice.
10. When the mixture starts to thicken add the eggs, sugar and butter, remove from the heat.
11. Pour the lemon mixture into the pastry case.
12. Whisk the egg whites until they are stiff. Fold in the caster sugar. Spoon this mixture over the lemon mixture.
13. Bake for 5 mins gas 7/210 c.

Toad in the hole

100g plain flour
Pinch salt (school provides)
2 eggs
250ml milk
1 tbsp. oil (school provides)
8 sausages (or more mini ones)



Roasting tin or foil tray.

Foil/tea towel to cover over.

Also remember to bring a sealed container to take your toad in the hole home in.

1. Set oven to Gas 7, 200 deg C.
2. Place sausages and oil in a baking tray (or muffin tin for individual ones).
3. Place in oven.
4. Place flour in a mixing bowl.
5. Add the egg.
6. Gradually add the milk, whisking well between each addition.
7. Beat in the salt.
8. Pour the batter over the sausages in the tin.
9. Return to oven and cook 15—25 mins depending on size.

Reheat at home for approx. 20 mins gas mark 6/200°C or until piping hot right through