

Chicken goujons

Ingredients

3 slices of bread / 300g breadcrumbs
2 chicken breasts
Plain flour
2 eggs



Method:

1. Preheat the oven to 190c. Lightly grease a baking tray.
2. Mix the breadcrumbs, cayenne pepper in a shallow bowl. Add seasoning Season, to taste.
3. Place the flour in another shallow bowl or plate.
4. Beat the egg in a jug
5. **With one hand only** - Dip the chicken pieces in plain flour, then in the beaten egg and finally coat in the breadcrumbs. Shake off the excess and lay the chicken goujons on the oiled baking tray. (The process is easier if you keep one hand clean of egg for dipping the chicken in the flour and breadcrumbs.)
6. Drizzle the goujons all over with more of the vegetable oil.
7. Bake in the oven for 20-25 minutes, turning once. Remove from the oven when completely cooked through and golden-brown all over.
8. Serve the goujons with ketchup, barbecue sauce or in a soft white roll.

BBQ chicken and coleslaw

- 1 orange zest
- 1 teaspoon chilli powder
- 1½ heaped teaspoons smoked paprika
- 1½ teaspoons mustard
- 3 tablespoons honey
- 3 tablespoons ketchup
- 1 teaspoon olive oil
- Pinch of sea salt , to taste
- Pinch of freshly ground pepper , to taste
- $\frac{1}{4}$ white cabbage
- $\frac{1}{2}$ red onion
- 1 large carrot
- 3 heaped tbsp mayonnaise
- 1 tsp wholegrain mustard

Making the marinade:

1. Finely grate the orange zest into mixing bowl. Crumble in the dried chilli.
2. Add the paprika, mustard, honey, ketchup and a splash of olive oil.
3. Season with a small pinch each of the salt and pepper and mix well.
4. Add the chicken legs to the bowl with the marinade, mix well, cover and chill in the fridge until tomorrow.

Making the coleslaw

5. Prepare the veg: Thinly slice the cabbage on a chopping board, then put it in the mixing bowl. Peel the onion and finely chop and add to bowl.
6. Grate the apple and carrot: Take the apple (keep it whole and with the skin on) and grate up to the core. Turn the apple a quarter turn and grate again. Repeat until you are left with just the core. Be careful not to grate your knuckles. Peel, then cut the stalk end off the carrot. Grate the carrot and add to the bowl.
7. Add mayonnaise and mix

Cooking the chicken

8. Cook the chicken: Heat oven to 180c. Tip the chicken and sauce into a large roasting tin and space the drumsticks apart.
9. Carefully put the roasting tin in the oven using oven gloves, then set the timer for 20 mins. When the time is up, carefully take the chicken from the oven. Brush the chicken with the glaze in the roasting tin, then return to the oven for 15 mins more.

Basic tomato sauce

Ingredients

1 onion
 1 clove of garlic
 Handful of fresh basil or 1x15ml spoon dried herbs
 Spray oil
 2 large cans chopped tomatoes
 Black pepper
 75g dried pasta per person

Complexity: medium



Equipment

Knife, chopping board, garlic press, two saucepans, wooden spoon.

Method

1. Prepare the ingredients:
 - peel and finely dice the onion;
 - peel and crush the garlic;
 - chop the basil.
2. Heat the oil and fry the onion and garlic for 5 minutes, until soft.
3. Add the tomatoes, basil and pepper.
4. Allow to simmer gently for 30 minutes (longer if possible).
5. Cook the pasta following the instructions on the packet.
6. Drain and serve with the tomato sauce.

Top tips

- Add ½ red chilli, for a sauce with a kick.
- Add 75g mushrooms and 75g courgette, after stage 2, for a simple veggie sauce.
- Add and brown lean 200g beef mince after stage 2 for a simple meat sauce.
- Stir-in black olives and tuna.
- Pour the basic sauce over white fish, sprinkle with cheese and bake for 20 minutes until golden.

Food skills

- Peel.
- Dice and chop.
- Crush.
- Fry.
- Boil and simmer.

Fresh pasta making

- 200g 00' flour or Strong bread flour
- 2 eggs

INSTRUCTIONS

1. **Combine the flour and salt.** Combine the flour and salt in the bowl of a food processor fitted with a blade attachment. Pulse a few times to combine.

2. **Add the eggs.** Crack the eggs on top of the flour.

3. **Process for 30-60 seconds.** Put the lid on the food processor and process for 30-60 seconds until the dough comes together into a rough ball.

4. **If dry, add water.** If the dough doesn't come together after a minute and looks like small pebbles or cous cous, add a teaspoon of water and process again. Repeat until the dough comes together.

5. **If sticky, add flour.** If the dough is sticky and smears against the sides of the bowl, add a tablespoon of flour and process again. Repeat until the dough comes together.

6. **Knead the dough into a smooth ball.** Remove the dough from the food processor. Knead against the counter a few times until it comes together into a smooth ball.

Lasagne

500g beef mince
1 can chopped tomatoes
2 tablespoons tomato puree
2 cloves garlic
1 onion
1 beef stock cube
Fresh/dried basil
50g plain flour
500ml milk
50g butter
150g parmesan/cheddar cheese
1 pack of dried lasagne sheets

Part 1: First make the Ragu or meat sauce.

1. Heat the oil in a frying pan, then cook the beef and chopped onion and garlic for about 10 mins with a stock cube until browned all over.
2. Add chopped tomatoes and 1 tbsp of tomato puree
3. Simmer for 10-15mins until meat is cooked through. When cooked stir through chopped herbs.

Part 2: Method – part 2 – Roux sauce

4. Melt butter in saucepan and add flour, stir in quickly
5. Add in milk a small amount at a time
6. Cook on a low heat, continually stirring until thick and creamy
7. Once thick, take off heat and add cheese
8. Divide mince into a jug so that you have a thin layer on the bottom
9. Top mince layer with lasagne sheets, add thin layer of pesto and top with white sauce and grated cheese
10. Add layer of mince on top and repeat layering process.
11. Finish with layer of béchamel sauce and grated cheese.
12. Bake in the oven at 180c for 25 mins

Spinach and Ricotta Ravioli

- **1 medium eggs**
- **100g strong plain flour/00 flour**
- 75 g spinach leaves, or Swiss chard
- 75 g [ricotta cheese](#)/ cream cheese
- 20g parmesan
- ½ garlic clove

Method for making pasta

1. Place the flour in a food processor and pulse it.
2. Crack the egg in a jug and whisk it lightly with a fork.
3. Add the whole egg and egg yolk and keep whizzing until the mixture resembles fine breadcrumbs. (it shouldn't be dusty, nor should it be a big, gooey ball).
4. Tip out the dough and knead to form into a ball shape. Knead it briskly for 1 minute, it should be quite hard to knead. Wrap in cling film and leave to rest in a fridge for 20 minutes.
5. Meanwhile make the filling

Method for making filling:

1. Boil kettle
2. Place spinach in a colander and pour the whole kettle of hot water over the kettle.
3. Squeeze out the water from the spinach and chop it up roughly.
4. In a mixing bowl, combine chopped spinach, parmesan cheese and ricotta.
5. Season with the nutmeg, salt black pepper.

Method for making the ravioli

1. Put a pasta sheet on the surface and place a heaped teaspoon of the ricotta mixture at equal intervals along the pasta.
2. Brush a little of the beaten egg around each filling then lay another pasta sheet on top and carefully press down around each filling ball to remove any air.
3. Use a cutter and press around the filling. Making sure it's stuck together.
4. Place ravioli in boiling water for 2 minutes
5. Drain and serve with melted butter or olive oil, season with salt and pepper

Sweet potato and chickpea curry recipe

Ingredients

1 tbsp vegetable oil
1 tbsp cumin seeds
1 onion, finely sliced
2 garlic cloves, crushed
½ tsp chilli flakes
50g fresh root ginger (grated)
400g tin chickpeas
400g tin chopped tomatoes
100g fresh spinach
750g sweet potato (small chunks)
100g rice

Method

1. Heat the oil a large saucepan over a medium heat. Once hot, add the cumin seeds and fry for a minute, or until aromatic. Add the onion and a pinch of salt and cook for 5–6 minutes, or until the onion is soft and translucent.

Add the garlic, chilli flakes and ginger and fry for a further 3 minutes.

2. Add the sweet potato and fry for a 3 minutes. Add the chickpeas, tomatoes and to the pan. Add enough water (approximately 500ml) to cover the chickpeas and sweet potatoes, add fresh coriander and bring to a simmer. Stir everything together.

3. Cover with a lid and simmer over a medium–low heat, stirring now and again, for 25–30 minutes, or until the potatoes are soft and beginning to break apart and the sauce has thickened. Top up with a little more water during cooking if needed.

4. Meanwhile, cook the rice in 200ml of hot water. Bring to the boil, cover and turn down to a simmer.

Season the curry with salt and pepper. Serve immediately with the rice.

Ingredients

- 1 medium sweet potatoes
- 1 small red onion
- 1 red pepper
- olive oil
- sea salt and freshly ground black pepper
- ½ a bunch of fresh flat-leaf parsley
- 6 large free-range eggs
- 1 teaspoon smoked paprika
- 1 large handful of fresh or frozen peas

To prepare your tortilla and cook the filling

1. **Preheat the oven to 200°C**
2. **Peel the sweet potato and slice into 1cm rounds**
3. **Peel and slice the onion into wedges**
4. **Halve, deseed and chop the pepper into thick slices**
5. **Place all the chopped veg into a roasting tray, drizzle sparingly with olive oil, season with sea salt and black pepper, then toss to coat**
6. **Place in the oven for roughly 25 minutes, or until the veg is golden and cooked through – give the tray a jiggle every now and again for even cooking**
7. **Crack the eggs into a mixing bowl**
8. **Add the paprika, season with sea salt and black pepper, then whisk together**
9. **When the roasted veg are tender, turn the oven off and set the grill to medium-high**

To cook your tortilla

10. **Place a 20cm non-stick ovenproof frying pan on a medium heat**
11. **Add a splash of oil, then fry the parsley stalks for 1 minute, before adding the roasted vegetables and peas**
12. **Pour the eggs into the pan and give the pan a shake to spread the vegetables evenly across the pan**
13. **Cook for 2 minutes, then place the pan under the grill, about 10cm from the heat**

Spanish tortilla

- 14. Grill for 5 to 10 minutes, or until the eggs are cooked and the top is golden**
- 15. Leave in the pan to set for a couple of minutes, then turn out onto a plate**
- 16. Sprinkle over the chopped parsley leaves, drizzle with a little extra virgin olive oil and cut into 6 chunky wedges**

Profiterole recipe

<u>Choux buns and filling</u> 50g Unsalted butter Pinch of salt 150ml of water 2tsp caster sugar 75g strong plain flour 2 eggs beaten 150ml double cream	<u>Chocolate sauce</u> 125g plain dark chocolate or 1 ½ tsp cocoa powder 10g unsalted butter 150ml milk 1 tbsp golden syrup/ maple syrup/honey 1tsp vanilla essence
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1. Pre heat oven to 200c, gas mark 6.
2. Rinse baking tray under cold water and shake off excess so they are slightly damp.
3. Lightly whisk eggs in a jug.
4. Put butter, sugar and water in a pan. Bring to the boil.
5. Sieve flour and pinch of salt onto a sheet of baking paper
6. Take pan off the heat and add all flour at once and beat using wooden spoon until mixture is smooth and thick and leaves the side of the pan clean.
7. Allow to cool for 5 minutes until it is a touchable temperature.
8. Beat in eggs **a little at a time** until you have a smooth glossy paste.
9. Place a teaspoon of choux paste on the baking sheet leaving 2.5cm gap between each.
10. Bake in oven for 18-20 mins until crisp and golden.
11. While in the oven - whisk cream until thick and make chocolate sauce (see below)
12. When choux buns are cooked - Pierce the side of each one to let out steam and cool on wire rack
13. When choux buns are cool fill with cream using a piping bag and drizzle with melted chocolate.

Chocolate sauce

Put all ingredients into a saucepan and heat over a low heat until melted and a pouring consistency. Beat in vanilla essence.

Teriyaki Salmon and stir-fried vegetables

- 1 salmon fillets
- 2 tbsp dark soy sauce
- 1/2 lime, zest and juice
- 1/2 small chilli
- 1 tbsp maple syrup
- 1 garlic clove, finely chopped
- 2 cm chunk of ginger, finely chopped
- Small bunch of coriander,
- 1/2 tbsp sesame oil
 - 1 pak choi
 - 50g green beans or mini corn
 - 1 tsp vegetable oil
 - 1 tsp sesame oil
 - 1 garlic cloves, grated
 - 40ml fish or vegetable stock
 - 1 tsp toasted sesame seeds, for sprinkling

Provided by school:

2tbsp soy sauce

Sesame oil

Veg stock

Sesame seeds

Method

1. Heat some olive oil in a pan and fry the ginger, garlic and chopped chilli.
2. Add the zest and juice of the lime and pour in the soy sauce. Add the maple syrup and cook for 1 minute or until reduced and sticky.
3. Meanwhile, pan-fry the piece of salmon for 2 minutes each side in a hot griddle pan.
4. When the sauce is reduced add the salmon to the teriyaki sauce frying pan.
5. Heat 1 tsp vegetable oil and 1 tsp sesame oil in a wok, add grated garlic clove and stir-fry briefly to soften.
6. Add the pak choi and green beans and fry until the leaves start to wilt. Pour over 75ml fish or vegetable stock, tightly cover the pan and allow to cook for 5 mins – you're aiming for the stems to be tender but still have a bit of bite.
7. Serve the pak choi in shallow bowls, top with the salmon and spoon over the juices. Scatter with 2 tsp toasted sesame seeds

Chocolate orange tray bake

- 175g Self raising flour
- 2 Tbsp Cocoa Powder
- 1 Tsp Bicarbonate soda
- 150g Caster sugar
- 1 orange
- 2 Eggs
- 150 ml (1/4 pint) Sunflower oil
- 150 ml (1/4 pint) Semi skimmed milk
- 2 Tbsp honey / maple syrup
- 75g Unsalted butter
- 175g Icing Sugar
- 3 Tbsp Cocoa Powder
- Decorations for top... white choc buttons, malteasers, orange slices, chocolate orange shavings

Method:

1. Pre-heat oven to 180°C/350F/Gas Mark 4. Grease and line a tray bake tin.
2. Sieve the flour, cocoa and Bicarbonate of Soda into a bowl. Add the sugar and mix well.
3. Make a well in the centre and add the syrup, eggs, oil and milk. Beat well with electric whisk until smooth.
4. Spoon the mixture into the tin and bake for 25 - 30 minutes until risen and firm to the touch. Remove from oven, leave to cool before turning out onto a cooling rack.
5. To make your butter icing, place the butter in a bowl and beat until soft.
6. Gradually sift and beat in the icing sugar and cocoa powder then add enough milk to make the icing fluffy and spreadable.
7. Cover the top of the cake with butter icing.



Pitta bread and dips



Ingredients for bread

- 1 tsp fast-action dried yeast
- 250g strong white bread flour, plus extra for dusting
- 1 tsp salt
- 1/2 tbsp olive oil

- Mixing bowl
- Palette knife
- Jug

Method pitta bread – day 1

- **STEP 1** Mix the yeast with flour, salt and olive oil. Add 175ml of water. Bring the mixture together into a soft dough. Don't worry if it looks a little rough round the edges.
- **STEP 2** Tip the dough onto a lightly floured work surface. Knead for 5-10 mins until you have a soft, smooth and elastic dough. Try to knead using as little extra flour as possible, just enough so that the dough doesn't stick – this will keep the pittas light and airy. Once kneaded, place in a lightly oiled bowl, cover with a tea towel and leave to double in size, approximately 1 hour.

Day 2 – shaping and cooking your pittas

1. Heat oven as high as it will go (230C) and put a large [baking tray](#) on the middle shelf of the oven to get searingly hot.
2. Divide the dough into 4 balls then flatten each into a disc with the palm of your hand. On a lightly floured surface, roll each disc into an oval, around 20cm long, 15cm wide and 3-5mm thick.
3. Carefully remove the hot tray from the oven. Dust with flour then place your pittas directly onto it
4. Return swiftly to the oven and bake for **4-5 mins**, or until the pittas have puffed up and are a pale golden colour.

Homous

- 1 x 400g can chickpeas
- 1 lemon juice
- 1 clove of garlic
- 2tbs olive oil
- 3 x 15ml spoons tahini
- 8x 15ml spoons water
- Salt and Pepper
- Paprika/chilli flakes

Guacamole

- 1 ripe avocado
- 1 lime
- 1 clove of garlic
- ½ red onion
- Chilli flakes / ½ a chilli

Tzatziki dip

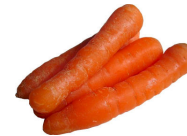
- 100g light soft cheese
- 50g fat-free bio yogurt
- half a finely chopped cucumber
- a handful of chopped fresh mint

Mild hummus



Ingredients

- 1 x 400g can chickpeas
- ½ a lemon
- 1 clove of garlic
- 3 x 15ml spoons tahini ***caution seeds**
- 3-4 x 15ml spoons water



Equipment

Sieve, blender, vegetable knife, chopping board, juice squeezer, a 15ml spoon, garlic press, spatula, serving dish and plate.



Method

1. Open the chickpeas and use the sieve to drain away the liquid.
2. Tip the chickpeas into the blender.
3. Use the juice squeezer to remove the juice from the lemon and pour it in to the blender.
4. Crush the garlic and add to the blender with the tahini.
5. Place the lid on the blender and switch on for 15-20 seconds. ***needs adult supervision**
6. Turn the blender off. Use a spatula to move the chickpeas away from the edge of the blender. Add 1x15ml spoon of water.
7. Place the lid on the blender and switch on for 15-20 seconds.
8. Repeat stages 5-6 until a smooth paste is produced.
9. Serve.



Dipper suggestions

- Serve with slices of wholemeal pitta bread or carrot sticks.



Handy hints

- Swap the lemon for a lime.
- Add more garlic for extra punch!
- Add fresh or dried chilli for a kick.
- Add fresh herbs, e.g. coriander, parsley or basil.

Serves 2-3

Lemon Meringue Pie

Shortcrust Pastry Base

200g Plain Flour
100g Hard Margarine
2-3 tbs Cold Water

Filling

1 - 2 lemons
3 level tbs Cornflour
25g butter
2 egg yolks
50g Caster Sugar

Meringue Topping

2 egg whites
75g caster Sugar

Method

1. Turn oven on to Gas Mk 6 or 200°C
2. Make shortcrust pastry by the rubbing in method
3. Roll out pastry and line a fluted 18cm pie dish
4. Prick the bottom with a fork and bake blind with greaseproof paper and baking beans for 15-20 minutes until pastry is firm to touch
5. Lightly grate the rind from the lemons
6. Cut lemons in half and squeeze juice
7. Pour juice into a measuring jug and make up to 250ml with cold water
8. Place lemon juice, water and rind into a saucepan. Put Cornflour into measuring jug and mix to a smooth paste with 2 tbs of the lemon juice mixture.
9. Bring the lemon juice mixture up to the boil. When boiling carefully stir in the blended cornflour paste using a wooden spoon. Keep stirring to prevent the mixture from going lumpy and boil for one minute until mixture thickens

Lemon Meringue Pie

10. Remove from the heat and place on a pan stand. Beat in the margarine and sugar.
11. Separate the eggs (yolks into measuring jug and whites into **clean** mixing bowl)
12. Beat the yolks into the cooled lemon sauce, one at a time and pour mixture into pastry case
13. Whisk up the egg whites in a clean, grease free bowl until stiff and dry forming soft peaks when the whisk is lifted from the bowl. Check by turning the bowl upside down - The mixture should not fall out)
14. Gradually whisk in the caster sugar one tablespoon at a time until thick stiff and glossy (make sure you whisk each spoonful for a minute after adding it)
15. Spread or pipe the mixture over the lemon filling making sure that you seal the edges.
16. Bake at 200°C for 5-10 minutes until meringue has browned

Christmas biscuits recipe



Keep the kids busy in the kitchen over the holidays by baking a batch of these easy Christmas biscuits. Cut out a range of festive shapes from the spiced orange dough and get creative decorating with pretty coloured icing.

Makes 24 biscuits

30 mins to prepare and 12 mins to cook, plus chilling

189 calories / serving

Freezable

Ingredients

225g self-raising flour, plus extra for dusting
 1 orange, zested
 ½ tsp ground mixed spice
 115g golden caster sugar
 115g British unsalted butter, cut into cubes
 1 medium egg, beaten

For the decoration

400g icing sugar, plus extra for dusting
 1 tsp red gel food colouring
 silver pearls crispy
 gold crunch sprinkles
 white chocolate stars
 ready to roll green icing
 ready to roll red icing

Method

1. Preheat the oven to gas 4, 180°C, fan 160°C. Line 2 baking sheets with baking paper and set aside.
2. Add the flour, orange zest, mixed spice, sugar and butter to a large bowl. Rub together with your fingertips until the mixture resembles fine breadcrumbs. Add the beaten egg and mix to a stiff dough. Bring together with your hands into a disc, wrap in clingfilm and chill for at least 20 mins.
3. Roll out the dough on a lightly floured surface to 5mm thick. Cut out a mixture of shapes, such as stars, Christmas trees, snowmen or snowflakes with cutters. Bring any leftover dough together again, roll out and cut out further shapes. Transfer to the prepared baking sheets and chill for 10 mins until firm.
4. Bake for 10-12 mins (check after 8 mins if your shapes are small) or until pale golden. Transfer the biscuits to a wire rack to cool completely. The biscuits can be eaten plain, dusted with icing sugar, or try some of these colourful decorating ideas below.
5. For the icing, place half the icing sugar in a bowl, add 3 tbsp water and mix until it forms a thick paste. Place the remaining icing sugar in another bowl, add 3 tbsp water and the red gel food colouring and mix together to make a bold red colour.
6. Put the red icing in a piping bag with a small plain nozzle (or spoon into a sandwich bag and snip the corner off to make a small hole). Pipe lines around some of the cooled biscuits to make borders or snowflake patterns. Leave to set briefly. To flood the middles, add a spoonful of the white icing inside the borders and allow the icing to spread to the edges. Decorate with silver and gold balls and stars, as you like.
7. Roll out some green and red fondant icing on a surface lightly dusted with icing sugar to 5mm thickness. Cut out shapes and use to decorate the remaining biscuits. Secure the fondant icing with a little runny white icing. Leave to set completely before serving. The finished biscuits will keep for up to a week in an airtight container.

Tip: Get ahead by freezing your biscuit dough. Make the dough, roll into a flat disc, wrap in clingfilm and freeze for up to 3 months. Defrost fully before using.

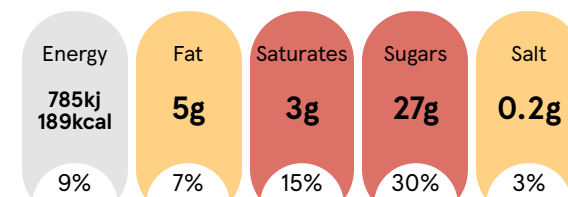
Freezing and defrosting guidelines (dough only)

In order to enjoy optimum flavour and quality, frozen items are best used within 3 months of their freezing date. For more tips on freezing and defrosting food, read our article [Love Your Freezer](#).

See more easy Christmas baking recipes

NO SELF-RAISING FLOUR? ADD 2 TSP BAKING POWDER FOR EVERY 150G PLAIN FLOUR

Each serving contains



of the reference intake

Carbohydrate **36.4g** Protein **1.3g** Fibre **0.5g**