

FLAPJACKS

250G PORRIDGE OATS

125G MARGARINE/BUTTER

30G SOFT BROWN SUGAR

4 TABLESPOONS GOLDEN SYRUP/HONEY

METHOD

1. Turn oven on *Gas 4* or **180°C (170°C fan oven)**
2. Grease a 15 - 18cm tin
3. Place the butter, syrup and sugar into a saucepan
4. Place over a low heat until the mixture has melted (Do not allow to boil)
5. Stir in the oats and dried fruit or apricots
6. Spread mixture into greased baking tin
7. Bake for 25 - 30 mins until it begins to go golden in colour
8. LEAVE TO COOL BEFORE GETTING OUT OF TIN

Amazing Fruit Salad (Each)

Ingredients

½ Apple

Orange

½ Kiwi

6 x Grapes

Slice of Watermelon

Spoonful of Tinned
Fruit

Splash of Apple Juice

Method

1. Using a knife peel the orange cutting the skin away and segments, add to bowl
2. Cut the grapes in half, add to bowl
3. Cutting the skin from the kiwi and dice, add to the bowl
4. In pairs cut an apple in half and each de-core and thinly slice, add to the bowl
5. Over the bowl to catch the juice ball a melon slice
6. Add tinned fruit
7. Add a splash of apple juice
8. Stir and add to container



Cheesy scones



Ingredients

250g self raising flour
1 x 5ml spoon mustard powder
40g butter or baking fat/block
75g hard cheese
125ml semi-skimmed milk

Equipment

Non-stick baking tray, pastry brush, weighing scales, sieve, mixing bowl, measuring spoons, grater, chopping board, measuring jug, flour dredger, rolling pin, scone cutter, cooling rack.

Method

1. Preheat oven to 220°C or gas mark 7.
2. Grease or line the baking tray.
3. Sift the flour and mustard into the bowl.
4. Rub the fat into the flour until it resembles breadcrumbs.
5. Grate the cheese.
6. Stir in the cheese.
7. Make a well in the middle of the flour and carefully pour in the milk. (Save just a little of the milk).
8. Mix to form a soft dough.
9. Place the dough on a lightly floured work surface.
10. Roll out the dough to about 1½cm thick.
11. Shape the scones using a cutter.
12. Place the scones on a baking tray and brush each top with a little milk.
13. Bake for 12 – 15 minutes, until golden brown.
14. Allow to cool on a cooling rack.

Food skills

- Weigh.
- Measure.
- Sift.
- Grate.
- Mix and stir.
- Rub in.
- Roll out.
- Form and shape.
- Bake.

Vegetable couscous salad

Ingredients

175ml water, boiling
 1 vegetable stock cube
 100g couscous
 1 medium tomato
 1 spring onion
 ¼ cucumber
 ½ yellow pepper
 4 dried apricots
 1 x 15ml spoon parsley
 2 x 15ml spoons low fat dressing

Complexity: low-medium



Equipment

Kettle, measuring jug, measuring spoons, weighing scales, large bowl, fork, chopping board, sharp knife, can opener, scissors, mixing spoon.

Method

1. Make up the stock by dissolving the stock cube in the boiling water.
2. Pour the stock over the couscous in a large bowl.
3. Fluff with a fork and leave to stand for 5 minutes.
4. Chop the tomato and cucumber into small chunks.
5. Slice the pepper into small strips.
6. Slice the dried apricots and parsley into small pieces.
7. Add all the vegetables to the couscous and snip the spring onions into the bowl using the scissors.
8. Stir everything together.
9. Add the dressing.

Top tips

- Vary the vegetables in the couscous dish, e.g. use celery, sweetcorn, peas, olives or mushrooms.
- Try adding some chickpeas, chopped cooked chicken, ham, tuna or chunks of feta cheese.
- Use flaked almonds or raisins instead of the dried apricots.

Food skills

- Weigh.
- Measure.
- Chop and slice.
- Snip.
- Mix and stir.

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Omelette – Step by Step

1. Get out equipment –Chopping board / knife/ fork/ Jug/ grater/ frying pan/ frier
2. Prep up your fillings , grate cheese chop others into bite size pieces
3. Beat 3 eggs in jug
4. Check switch for hob is on and put frying pan with 1 Tbls oil onto ring
5. turn ring onto high heat till oil is hot
6. Add egg all at once and turn down heat
7. Cook for 2 mins then sprinkle fillings on top of egg avoiding the edges – cook for 5 mins or until base is golden brown
8. Flip omelette in half and press – cook for 2-3 mins then flip over to other side
9. Serve when cooked

Classic tomato ragu

Ingredients

1 onion
 1 clove garlic
 1x15ml spoon oil
 2 x 400g canned chopped tomatoes
 handful of fresh basil
 black pepper

Complexity: low-medium



Equipment

Knife, chopping board, garlic press, measuring spoons, saucepan, wooden spoon, saucepan.

Method

1. Peel and chop the onion and peel and crush the garlic.
2. Fry the onion and garlic in the oil for 5 minutes, until soft.
3. Add the tomatoes and tear in the basil leaves.
4. Add a few twists of black pepper, then allow to simmer gently for 30 minutes (longer if possible).

Optional

You may wish to serve the tomato ragu with pasta if so:

1. after 15 minutes, put a large saucepan of water on to boil. When rapidly boiling, add the pasta and cook for around 10 minutes until al dente;
2. drain;
3. mix the cooked pasta and tomato sauce together.

Top tips

- Use dried herbs if you do not have fresh.
- 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 200g minced beef 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

- Measure.
- Peel.
- Chop.
- Fry.
- Simmer.
- Boil (if serving with pasta).

Apple and sultana crumble

Ingredients

100g plain flour
50g butter or baking fat/block
50g oats
25g sugar
2 eating apples
50g sultanas

Equipment

Weighing scales, mixing bowl, wooden spoon, chopping board, knife, ovenproof dish or foil tray, baking tray.



Method

1. Preheat oven to 190°C or gas mark 5.
2. Rub the fat into the flour until it resembles breadcrumbs.
3. Stir in your additional dry ingredients and sugar.
4. Cut the apples into quarters and remove the core. Slice thinly. Mix with other fruit
5. Arrange the fruit in a foil tray and then add the sultanas if desired.
6. Sprinkle the crumble topping evenly over the apple slices.
7. Place foil tray on baking sheet. Bake for 25 – 30 minutes, until the apples are soft and the crumble is golden.

Top tips

- Add a little water to the apples.
- Be creative and experiment with other fruits, such as blackberries, apricots, raspberries, peaches, nectarines, plums or pears.
- You may wish to use canned apple or another type of canned or dried fruit.
- Try using wholemeal flour for the crumble topping or use muesli instead of oats.

Food skills

- Weigh.
- Core.
- Cut and slice.
- Rub in.
- Mix and stir.
- Bake.

Ingredients for next lesson – Pasta Salad

Person A – choose 2- 3 ONLY!	Person B Choose 2-3 ONLY!
Cherry tomatoes x 6 Green pepper x1 1Red onion or 3 spring onions cooked chicken or ham (vegetarians can leave the meat out completely)	100g Cheese 1 small tin of sweetcorn ¼ Cucumber Red pepper x1 Frankfurter sausage x4

Remember you are person A if you sit near the sink

You also need a good sized a container and please bring 50p for pasta and dressing (but only if you have not paid your DT fund)

Lovely Lemon Biscuits

Ingredients;

125g Butter

60g Caster Sugar

150g Plain Flour

1 lemon

Method

1 Pre-heat oven to 180 C Fan-bake

2 In a large bowl cream the butter and sugar till light in colour

3 Using the fine edge on a grater grate the lemon zest and add to the mixture

4 Sieve in Flour and add a teaspoon of lemon juice from the lemon – mix well

5 Roll the mixture into walnut sized balls and put on a floured baking tray. Flatten slightly with your hand or a fork

6 Bake 12-15 mins in oven. Ice with lemon icing when cool

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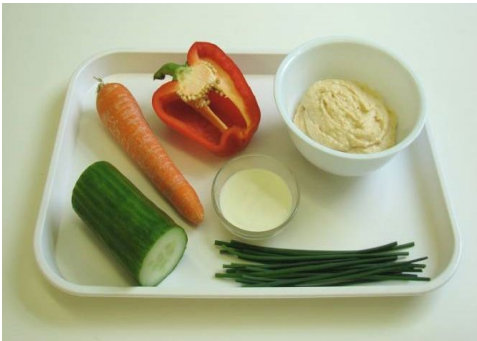
Dippy divers

Ingredients

1 carrot
½ red or yellow pepper
¼ cucumber
4 x 15ml spoons hummus
1 x 15 ml spoon plain yogurt
Handful of fresh chives

Equipment

Knife, chopping board, vegetable peeler, measuring spoons, small bowl, kitchen scissors, spatula.



Method

1. Top and tail the carrot, then peel.



2. Slice the carrot into sticks.



2. Remove the seeds from the pepper, and slice into strips.



4. Cut the cucumber into thick slices.



5. Place the hummus and yogurt together in the small bowl.



6. Snip the chives into the bowl.



7. Stir everything together.



8. Serve the dip, surrounded by the vegetables.



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