

Bread shaping





Knot



Braided



Cottage



Hedgehog



Twisted

Ingredients

300g strong white flour

½ x 5ml spoon salt

Tablespoon oil

1 sachet quick acting yeast (7g)

200ml warm water

Milk for glazing

A few poppy/sesame seeds, optional



Step by Step

1. Pre-heat oven 180 degree
2. Sieve flour into a bowl add salt plus 1 Tbls oil and rub the oil into flour with hands then stir in yeast
3. Add 200ml warm water all at once then mix with palette knife till it starts to form a dough. Put some flour on bench and knead dough for 5-10 mins till smooth – put back in bowl and leave to prove while you clear up.
4. Divide the dough into 6 and shape your bread in chosés style
5. Put on a floured baking tray and glaze with milk and sprinkle poppy seeds over the top of the buns
6. Back in oven for 12-15 mins – they are cooked if they sound hollow when you tap the bottom
7. Leave to cool then put in bag or container to take home

Aromatic Stir fry

1 x chicken breast
½ red chilli
1cm fresh root ginger
1 garlic clove
3 mushrooms
3 spring onions
½ yellow pepper
½ red pepper
1 pak choi or ¼ cabbage
100g of fresh noodles (optional)

For the sauce:

1tbsp Vegetable oil
1 tbsp soy sauce
2 tsp honey
1 tsp lemon juice

Method

1. Prepare flavouring ingredients:
2. Crush the garlic.
3. Deseed and slice the chilli.
4. Peel and finely slice or grate the ginger.
5. Prepare all vegetables as shown into slices
5. Prepare chicken – avoid cross contamination (cut into small strips the same size)
6. Add oil, chilli, ginger, garlic and onion to a frying pan. Fry for 1 minute.
7. Add chicken and fry for 4 minutes
8. Add remaining vegetables fry for 2 minutes
9. Check chicken is cooked – (should be white in centre when sliced)
10. Add sauce and noodles (if cooking) and cook for two minutes
11. Add stir fry to your container.

Tuna and broccoli pasta



Ingredients

100g rigatoni

70g cheese

100g broccoli

100g canned tuna (in water)
drained

25g soft margarine

25g plain flour

250ml semi-skimmed milk

1 x 5ml spoon dried oregano

50g sweetcorn (canned or
frozen)

Black pepper



Short crust Pastry

200g plain flour

100g butter

3-4 tablespoons of cold water

1. Sieve flour into a mixing bowl, add fats by chopping with a palette knife.
2. Rub fat into flour with your fingertips until the mixture is like fine breadcrumbs.
3. Add the water, a tablespoon at a time, mixing until the mixture starts to form large lumps.
4. Press the mixture together to form a stiff dough.
5. Freeze or use as required.

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Cheese, Potato, and Leek Pasties

Pastry

150g Plain flour

75g Butter

3-4 tbl water

Method

1. Sieve flour into a mixing bowl, add fats by chopping with a palette knife.
2. Rub fat into flour with your fingertips until the mixture is like fine breadcrumbs.
3. Add the water, a tablespoon at a time, mixing until the mixture starts to form large lumps.
4. Press the mixture together to form a stiff dough.
5. Chill in the fridge.



Cheese onion and potato Pasty

Ingredients

- ¼ leek
- ½ white potato
- 1 tbs milk
- 75g cheddar cheese

Method

1. Peel and cut potato into small chunks. Place into boiling water and boil for 8-10mins until soft.
2. Cut up leeks finely
3. Grate cheese
4. Mash potato until there are no lumps and leave to cool
5. Halve pastry and roll out to the thickness of a £1 coin.
6. Cut out circular shapes using a saucer and palette knife
7. Add chopped leek and cheese to the potato and combine with a tbs milk and season
8. Put a line of filling down one side of the pastry
9. Put a ring of water around the pastry edge
10. Fold over the pastry and seal with finger tips
11. Use a fork to add a pattern around the edge
12. Glaze all pasties with egg
13. Bake for 20 minutes on gas mark 7 200c

Spinach, potato and chickpea curry

Ingredients

1 onion
1 clove garlic
1 x 5ml spoon oil
2 x 15ml spoons curry paste
300ml water
1 large potato
400g can chopped tomatoes
410g chickpeas, canned
3 handfuls of fresh spinach

Complexity: medium



Equipment

Knife, chopping board, garlic press, frying pan, measuring spoons, measuring jug, wooden spoon, can opener.

Method

1. Prepare the ingredients:
 - peel and slice the onion;
 - peel and crush the garlic;
 - peel and cube the potatoes.
 - drain the chickpeas
2. Fry the onion and garlic for 2 minutes in the oil.
3. Stir in the curry paste, potatoes and water.
4. Add the tomatoes and chickpeas, then allow to simmer for 20 minutes, until the potato is tender.
5. Stir in the fresh spinach, and allow to cook for a further 2 minutes.
6. Serve.

Top tips

- Serve with boiled rice, naan bread and a side salad.
- Replace the tomatoes with thinly sliced courgettes, peppers or okra.
- Batch cook – freeze portions for a rainy (busy) day.

Food skills

- Measure.
- Peel.
- Slice.
- Crush.
- Dice.
- Drain.
- Fry.

- Stir.
- Simmer.
- Boil (if serving with rice).

This recipe is from the original Licence to Cook programme and is provided under the Open Government Licence.

Spinach, potato and chickpea curry

Ingredients

1 onion
1 clove garlic
1 x 5ml spoon oil
2 x 15ml spoons curry paste
300ml water
1 Sweet potato
400g can chopped tomatoes
410g chickpeas, canned
3 handfuls of fresh spinach

Complexity: medium



Equipment

Knife, chopping board, garlic press, frying pan, measuring spoons, measuring jug, wooden spoon, can opener.

Method

1. Prepare the ingredients:
 - peel and slice the onion;
 - peel and crush the garlic;
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2. Fry the onion and garlic for 2 minutes in the oil.
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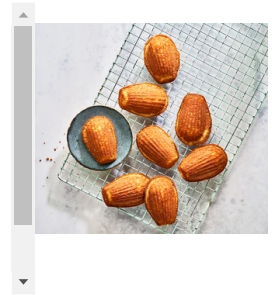
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Madeleines

L Prep: 10 mins
Cook: 15 mins

E Easy

F Serves 8



Ingredients

50g butter, melted but cool, plus extra for the tin

1 egg

50g caster sugar

1 tsp honey

50g self-raising flour

Method

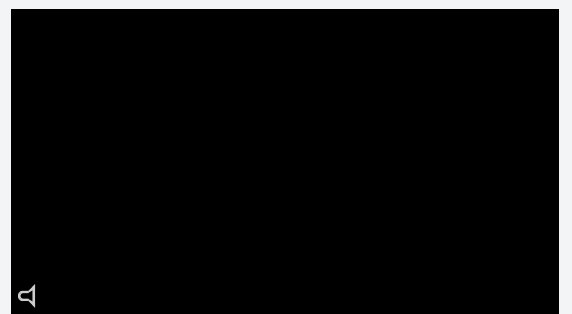
Step 1 Heat the oven to 210C/190C fan/gas 6½ and butter eight holes of a madeleine tin (if you have a six-hole tin you'll need to bake in two batches). Beat the egg, sugar and honey together using an electric whisk until pale, fluffy and tripled in volume. Add the flour and a small pinch of salt, and finally mix in the melted butter.

Step 2 Spoon the mixture into the buttered holes of the madeleine tin and bake for 8-10 mins or until puffed up and golden. Turn out onto a cooling rack while you cook a second batch if using a smaller tin. *Best eaten warm from the oven but will keep in an airtight container for up to two days.*



Watch after ad (0.15):

How To Make Homemade Oven Chips



Person A

1 Chicken fillet

1 yellow or green pepper

1 pack Choi or ½ green cabbage

Person B

1 Chicken Fillet

3-4 mushrooms

1 small onion or small bunch of spring onions

You can decide to bring pre-cooked noodles but these are optional

Please bring 20p if you have not paid your DT Fund. Don't forget to bring a container to take your food home in.

Mexican rice

L Prep: 10 mins
Cook: 30 mins

E Easy

F Serves 4-6



Ingredients

1 tbsp sunflower oil

1 onion, finely chopped

2 garlic cloves, minced

250g long grain rice

1 tsp chipotle paste, optional (more if you want it spicier)

1 tbsp tomato purée

1 x 400g tin chopped tomatoes

750ml hot chicken or vegetable stock

small bunch of coriander, finely chopped

Method

Step 1 Heat the oil in a saucepan and sizzle the onion for 5 mins until just starting to soften. Add the garlic and cook for a minute more, then stir in the chipotle paste (if using) and the tomato purée and cook for a minute.

Step 2 Add the tomatoes and simmer for a few minutes, then scatter the rice into the pan and stir, so it's coated in the tomato mix. Pour over the hot stock, season, give everything another stir and bring to the boil, then cover the pan with a lid and turn the heat down to the lowest possible setting.

Step 3 Gently simmer for 15-20 mins until all the stock has been absorbed and the rice is cooked through. Leave the rice to sit for a few mins off the heat, then stir through the coriander and serve.

Turkey stir fry

1 Turkey fillet

1 yellow or green pepper

1 pack Choi or ½ green cabbage

3-4 mushrooms

1 small onion or small bunch of spring onions

You can decide to bring pre-cooked noodles but these are optional

Mini margarita pizzas



Ingredients

300g strong white flour

$\frac{1}{2}$ x 5ml spoon salt

Tablespoon oil

1 sachet quick acting yeast (7g)

200ml warm water

2tbsp. Tomato puree

120g cheese



Spaghetti bolognese



Ingredients

1 onion

1 clove garlic

1 carrot

1 celery stick

1 x 15ml oil

250g lean minced beef

1 can chopped tomatoes
(400g)

1 x 15ml spoon tomato purée

100ml water

1 x 5ml spoon mixed
herbs

½ Beef Stock Cube

Black pepper

150g spaghetti



INGREDIENTS FOR TUNA PASTA BAKE THURSDAY 1ST FEB

○ Person A

50p each for sauce
and pasta

Ovenproof dish

100g broccoli

1 can tuna or

COOKED chicken

○ Person B

50p for sauce and
pasta

Ovenproof dish

100g cheese

50g sweetcorn