



The Ruskin Cookbook



Welcome to The Ruskin Cookbook! This contains all of the dishes you might cook at school – plus some of the recipes that your families have sent into us. This document will be updated and added to regularly, so please keep checking, and if you have any favourite family recipes, please send them to Mrs Westerside-Downes westerside-downesp@ruskin.cheshire.sch.uk and we can add them!

There's some information here about cooking safely and what you will need to bring in when you have a practical lesson, but we also hope you will cook some of these dishes at home too.

Many of these recipes are from the original Licence to Cook programme and are provided under the Open Government Licence.



Getting Ready to cook at School:

- All ingredients needed will be posted on ClassCharts and the Food Room notice board the week before we cook.
- We aim to cook dishes at school that are healthy, will give you a wide range of skills and enable you try different things. If there is something you can't eat, please let us know as we can usually adapt recipes.
- Please make sure your hands/ fingernails are clean the night before and nail varnish removed (as per school policy)
- Please weigh out ingredients needed the night before and store them correctly (see below). Please stick to the quantities we give you. (We know these quantities can be cooked within our time constraints).
- Please organize suitable containers (named!) to take your dishes home in and use suitable bags to carry your food to and from school. (Plastic carrier bags are not ideal!).
- Please name any ingredients that need to be placed in the fridge.
- Bring your ingredients up to the food room when you get to school and store high-risk foods in the fridge. Your teacher will inform you where you can leave any bags, containers / dry ingredients.
- Once you have completed your food practical lesson, all high-risk foods should be chilled and stored in the fridge in the food rooms and collected at the end of the day.

- When home, make sure high-risk foods are put in the fridge and heated thoroughly before eating!
- All students should bring in suitable containers to take food home in. If you are unable to get ingredients in special circumstances, please inform your Food teacher as soon as possible.
- Enjoy!

High risk Foods are foods which are most likely to cause food poisoning if not stored and cooked properly. They need to be stored in the fridge: any raw or cooked meat, poultry, fish (not canned), cheese, milk, cooked rice or pasta.

You may find some ingredients are best stored in the fridge: soft fruits, salad vegetables.



Cooking at home

Please cook at home only if you can do so safely – follow the instructions, safety points and tips in this booklet and watch any videos which have been shared with you.

- **Only cook with adult permission and supervision.**
- See Safety reminders on next page.
- Always wash your hands, tie your hair back and wear an apron.
- Make sure food is thoroughly cooked, cooled and stored correctly to prevent food poisoning.
- It is up to you if you would like to make larger portions, just remember to adapt any cooking time accordingly.

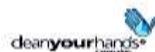
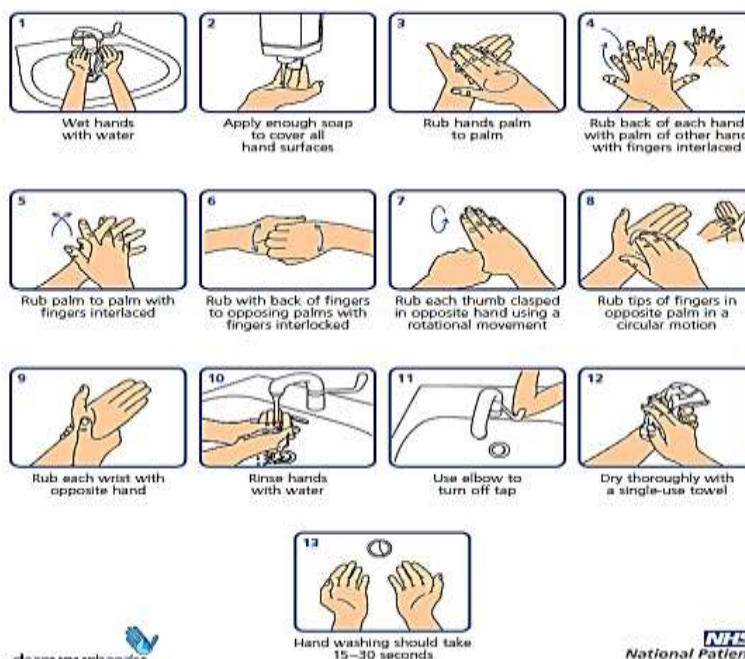
SPOON MEASURES

- 1 Tablespoon (tbs) 3 Teaspoons
- 1 Dessert Spoon 2 Teaspoons
- 1 Level Tablespoon (tbs) 15 ml
- 1 Level Teaspoon (tsp) 5 ml

Enjoy and Stay Safe!





Before you cook (and also before and after handling high risk ingredients) always wash your hands:

Hand-washing technique with soap and water



Knife safety



<p>PINCH GRIP</p> 	<p>HANDLE GRIP</p> 	<p>CARRYING A KNIFE</p> 
<p>1. Thumb and index finger grip blade. 2. Use the rest of your fingers to grip the handle.</p>	<p>With all fingers and thumb opposite, grip handle firmly.</p>	<p>Carry a knife with the blade pointing downward, close by your side.</p>
<p>CUTTING METHODS</p> 		
<p>'PLANK': With a firm hand, push top of knife down with palm of hand, fingers away from blade.</p>	<p>'BRIDGE': Place your hand over top of knife holding food securely, use knife to saw food item.</p>	<p>'CLAW': Fingers tucked under with knife blade resting up against knuckles.</p>

Video Links –

The videos below show some good basic skills. Watch before you make your dish at home, or use as you cook, pausing when you need to.

You may find the recipes in the videos are slightly different from the recipes given.

All our recipes are tried and tested and include the skills we would like you to develop. We are helping you build skills for life.

Recipe/ skills	Link
Safe knife holds – Bridge and Claw hold Preparing an onion Peeling Preparing Garlic Grating Weighing and measuring Using the oven/ hob/ grill	https://www.foodafactoflife.org.uk/11-14-years/cooking/videos/
Basic skills – how to set up your kitchen workspace	https://www.youtube.com/watch?v=A6zB3mzajx8
Basic knife skills	https://www.youtube.com/watch?v=yJ44SxiemMs
Preparing a pepper	https://www.youtube.com/watch?v=277Q6dkUgY
Tomato Sauce	https://www.foodafactoflife.org.uk/11-14-years/cooking/videos/

	https://www.bbc.co.uk/food/recipes/how to make a tomato 07153
Risotto	https://www.bbcgoodfood.com/videos/techniques/how-make-risotto (No need to use wine!)
<p>FULL TIME MEALS!</p> <p>Marcus Rashford and Tom Kerridge's healthy and very budget friendly meals to try at home (with permission).</p>	<p>An excellent range of dishes, and all have videos showing how to cook them too.</p> <p>LINK HERE: https://endchildfoodpoverty.org/full-time-meals?fbclid=IwAR3WXPJbsOHnlcOIxxRHoDfuVN1586LEtUcToXsylYq6fcQ4vg2UPsVRR9A</p>

Croque-monsieur (posh cheese and ham toastie!)

Ingredients

30g hard cheese, e.g. Cheddar, Edam, Gruyere
 1 tomato
 2 slices bread, preferably wholegrain
 1 slice ham

Complexity: low-medium

Equipment

Chopping board, grater, knife, fish slice.



Method

1. Preheat the grill.
2. Grate cheese on a chopping board – divide into 3.
3. Slice the tomato.
4. Place the slices of bread on the chopping board.
5. Lay the ham over one slice of bread.
6. Arrange the tomato over the other slice of bread.
7. Sprinkle a portion of cheese over both slices of bread.
8. Place the sandwich under the hot grill.
9. When the cheese is bubbling hot, remove from the grill.
10. Press the 2 slices of bread together, and sprinkle the remaining cheese on top.
11. Place under the grill until the cheese is melted and golden.

Top tips

- Use different types of bread, e.g. ciabatta, bagel, wholemeal loaf.
- Try adding different varieties of cheese, e.g. Mozzarella, Cheddar, Edam, Brie.
- Go for fruit and vegetables e.g. mushrooms, pineapple, peppers.

Food skills

- Weigh.
- Slice.
- Grate.
- Grill.

Vegetable soup

Ingredients

- 1 onion
- 1 carrot
- 1 leek
- 1 potato / sweet potato or butternut squash
- 1 celery stick
- 1x 10ml spoon oil
- 1 stock cube and 600ml boiling water
- 1 x 15ml spoon coriander (if you have it)

Complexity: medium



Equipment

Chopping board, knife, vegetable peeler, measuring spoons, saucepan, measuring jug.

Method

- Prepare the vegetables:
 - peel and chop the onion;
 - top and tail, peel and dice the carrot;
 - top and tail, then slice the leek;
 - peel and cube the potato;
 - slice the celery;
 - chop the coriander.
- Heat the oil in a saucepan and fry all the vegetables, except the potatoes, for 5 minutes.
- Add the stock to the saucepan and bring to the boil.
- Add the potatoes and simmer for 20 minutes.
- Stir in the chopped coriander and serve

Top tips

- Try using a sweet potato or butternut squash.
- **Vary the types of vegetables used depending on what is in season – it'll be fresher AND cheaper!**
- Add canned or frozen sweetcorn or a can of mixed beans.
- Try adding a tin of tomatoes.
- If you have a blender, you can blend the soup.
- Try adding different herbs and spices.

Food skills

- Measure.
- Peel.
- Trim, dice, slice and chop.
- Fry.
- Boil and simmer.

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Mini carrot cakes

Ingredients

150g butter or soft baking spread
250g carrots
200g sugar
200g flour
2 x 5ml cinnamon
2 x 5ml baking powder
2 large eggs
125g sultanas
50g nuts (optional)

Complexity: medium



Equipment

Chopping board, knife, vegetable peeler, grater, measuring spoons, weighing scales, small bowl, mixing bowl, wooden spoon, sieve, muffin tray, 12 muffin cases, 2 large spoons, fork.

Method

1. Preheat oven to 200°C or gas mark 6.
2. Place the muffin cases in the muffin tin.
3. Melt the fat in the microwave or in a small saucepan.
4. Top and tail, and then peel and grate the carrots.
5. Combine the carrots, sugar and melted fat in the mixing bowl.
6. Sift in the flour, cinnamon and baking powder.
7. Beat the eggs in a small bowl, and then add to the mixture.
8. Mix in the sultanas and nuts.
9. Mix all the ingredients together to form a smooth batter.
10. Divide the mixture equally between the muffin cases using 2 spoons.
11. Bake for 20 minutes, until golden.
12. Allow to cool on a cooling rack.

Top tips

- When the mini-carrot cakes are cool, you may wish to make a cream cheese topping. Combine 50g reduced fat cream cheese and 25g icing sugar together.

Food skills

- Weigh.
- Measure.
- Melt.
- Trim.
- Peel.
- Grate.
- Mix, stir and combine.
- Sift.
- Beat.

Spicy bean burger

Ingredients

- 1 slice of bread
- 1/2 onion
- 1 medium green chilli
- 1 x 400g can red kidney beans
- 1 x 5ml spoon ground chilli powder
- 1 x 5ml spoon dried mixed herbs

Complexity: medium



Equipment

Food processor, mixing bowl, chopping board, knife, can opener, measuring spoons, spatula, flour dredger, fish slice.

Method

1. Preheat the grill.
2. Put the bread in the food processor and blitz until it resembles breadcrumbs. Pour these crumbs into the mixing bowl.
3. Cut away the top of the chilli, and then de-seed. Don't touch your eyes or nose!
4. Peel the onion.
5. Drain the red kidney beans.
6. Place the red kidney beans, onion, chilli, chilli powder and dried herbs into the food processor. Blitz together to form a thick paste-like mixture.
7. Place the bean mixture into the mixing bowl with the breadcrumbs. Mix everything together thoroughly using the spatula.
8. On a lightly floured chopping board, divide and shape the bean mixture into 8 small patties.
9. Grill the patties for 8 minutes, turning over after 4 minutes.
10. Serve in a pitta with salad.

Top tips

- Try different types of beans or pulses.
- Use other herbs, spices and/or lemon instead of chilli.
- Eat with a range of different breads and fillings e.g. tomato salsa or tzatziki.
- Add vegetables to the mix e.g. sweetcorn, green pepper or grated carrot.
- The grill gets hot so remember to wear oven gloves.
- **No food processor or blender?** Mash in a bowl using the end of a rolling pin or potato masher.

Food skills

- Measure.
- Blitz.
- Cut.
- Peel.
- Drain.
- Mix.
- Divide.
- Form and shape.
- Grill.

Thai Veg Curry

Ingredients

- 1 x 10ml spoon oil
- 3 spring onions
- 1 small clove of garlic
- Small handful veg - sugar snap peas or green beans (whatever is cheap)
- ½ pepper (any colour)
- 1 small sweet potato
- 1 teaspoon Thai curry paste – school will have (but if you want to buy some try your local ethnic food stores/spice market for the authentic high strength pastes, usually cheaper too!)
- 200ml coconut milk – half a big tin (reduced fat)
- 1/2 lime (optional) lime juice is fine too
- Small bunch of coriander (optional)

The Thai curry paste contains seafood (you can't taste it), but is **UNSUITABLE FOR ANYONE WITH A SEAFOOD ALLERGY**. Please let your teacher know if you have any allergies!

Equipment Chopping board, sharp knife, frying pan, wooden spoon, measuring jug, can opener, juicer.

Method	Checks or Special Points
Prepare the ingredients: <ul style="list-style-type: none"> ▪ slice the spring onions diagonally. ▪ cut the sugar snap peas in half, slice the veg into strips. ▪ Peel and dice the sweet potato into 2cm cubes Then finely slice the garlic. 	Make sure you are using the bridge or claw holds when using the knife – keep fingers above the cutting edge! Check the veg is all the same size.
Fry the veg, garlic and sweet potato in the oil for 3-4 minutes on a medium/low heat.	Low heat / small ring on the hob.
Put the coconut milk into the measuring jug and stir in the Thai paste.	
Pour in the coconut milk and simmer for 15- 20 minutes or until the sweet potato has softened, stirring occasionally. Wash up and clean surfaces.	Bring to the boil then low heat. Check if the sweet potato is cooked using a fork.
Squeeze the lime and pour over the curry.	
Tear the coriander and add to the curry and serve with rice.	

Top tips for variety or to make this cheaper:

- Use a range of different vegetables, such as broccoli, spinach or courgette
- Use frozen vegetables, like peas, runner beans or soy beans.
- Serve with boiled rice – why not go for a mix of white, brown and wild?
- You could cook this using chicken or prawns/seafood. **If using fish or meat remember not to cross contaminate!** Use a separate board and knife, throw away containers straight away and clean/sanitise surfaces.

Chilli con carne

Ingredients

- 1 onion
- 1 clove garlic
- 1 green pepper
- 250g minced beef
- 2 x 5ml spoon flour
- 1 x beef stock cube
- 250ml water
- 1 x 400g can red kidney beans
- 1 x 15ml spoon tomato puree
- 1 x 5ml spoon chilli powder

Complexity: medium



Equipment

Vegetable knife, chopping board, garlic crusher, measuring spoons, saucepan, mixing spoon, measuring jug, kettle, can opener, colander.

Method

1. Prepare the vegetables:
 - peel and chop the onion;
 - peel and crush the garlic;
 - deseed and chop the pepper.
2. Dry fry the onion, garlic and minced beef until the mince has browned.
3. Stir in the flour.
4. Make up the stock.
5. Pour in the stock.
6. Drain the red kidney beans and add to the meat.
7. Stir in the tomato purée and chilli powder.
8. Bring to the boil, then reduce the heat and simmer for 20 minutes.
9. Add the green pepper and allow to cook for a further 15 minutes.

Top tips

- Serve with rice, a jacket potato or a taco shell.
- A fresh cool side salad would offer relief from the hot chilli.
- Add extra chilli powder, cayenne pepper or Worcestershire sauce for an extra kick.

Food skills

- Weigh and measure.
- Peel.
- Chop.
- Crush.
- Fry.
- Stir.
- Drain.
- Boil.

Fruity flapjacks - Ruskin Recipe

Ingredients

100g jumbo oats
100g self raising flour
75g sugar
100g butter or soft spread
1 dessert spoon golden syrup
Dried apricots or other dried fruit

Complexity: low-medium



Equipment

Chopping board, knife, weighing scales, measuring spoons, saucepan, wooden spoon, spatula, non-stick baking tin, palette knife.

Method

1. Preheat the oven to 160°C or gas mark 4.
2. Place the butter, sugar and syrup into a saucepan and *gently* heat just until the butter has melted – do not boil!
3. Stir in the oats and apricots (if using)
4. Press the mixture into a non-stick (or lined) baking tray.
5. Pat down the mixture in the baking tin.
6. Bake for 25 minutes, until lightly browned.
7. Remove from the oven and cut into 'bars' in the baking tin while hot (it will crumble if you let it go cold).
8. Leave to cool on a wire rack.

Top tips

- **Vary the type of dried fruit used, e.g. sultanas, figs, mixed fruit.**
- Add 1 x 15ml spoon cinnamon, ginger or mixed spice to the oat mixture
- Go for grated fresh apple or carrot.
- The baking tin gets hot so remember to use oven gloves.

Food skills

- Weigh.
- Measure.
- Chop.
- Melt.
- Mix, stir and combine
- Bake.

Brunch packed omelette

Ingredients

1 x 15ml spoon vegetable oil
4 slices unsmoked back bacon or ham, and chopped
200g mushrooms, sliced
100g cooked or leftover new potatoes, thickly sliced
4 medium eggs, beaten
3 x 15ml spoon semi-skimmed milk
1 tomato, diced

Equipment

20cm non-stick frying pan, whisk, spatula

Complexity: Medium



Method

1. Heat the oil in a small non-stick frying pan approx. 20cm diameter and fry the bacon for 2 minutes.
2. Add the mushrooms and fry for 3 minutes then stir in the potatoes.
3. Whisk the eggs and milk together, season and pour into the pan.
4. Cook gently for 3-4 minutes loosening the edges with a spatula.
5. Place under a preheated grill for 2-3 minutes, adding the tomatoes for the last 1 minute, until golden and cooked throughout.
6. Cool slightly before turning out of the pan.

Top tips

Allow to chill before cutting into wedges. Exclude the bacon for a vegetarian option and sprinkle over 50g grated cheese. Great for using up leftover potatoes or other veg.

Food skills

Fry
Stir, combine & mix
Grill

Layered pasta salad

Ingredients

100g pasta shapes
1 carrot
100g cooked sliced chicken
1 baby gem lettuce
1 tomato
¼ cucumber
2 x 15ml spoons low fat dressing

Complexity: low-medium



Equipment

Weighing scales, saucepan, chopping board, knife, vegetable peeler, grater, measuring spoons, tablespoon, colander, serving dish.

Method

1. Bring a small saucepan of water to the boil, and then add the pasta. Simmer for about 8-10 minutes (check the packet instructions).
2. While the pasta is cooking, prepare the other ingredients:
 - shred the lettuce;
 - slice the tomato;
 - chop the cucumber into small chunks;
 - peel and grate the carrot.
3. Drain the boiling hot water away from the pasta into a colander in the sink. Cool the pasta by rinsing it under a cold tap for a few moments. Drain well.
4. Place the pasta in the serving dish and stir in 1x15ml spoon of dressing.
5. Assemble the remaining ingredients over the pasta in layers.
6. Lastly, drizzle over the remaining dressing.

Top tips

- Vary the type of pasta and/or vegetables used.
- Why not add some fruit, seeds or nuts?
- Instead of cooked chicken, why not go for sliced ham, grated cheese, canned tuna, slices of boiled egg, or red kidney beans.

Food skills

- Weigh.
- Measure.
- Boil and simmer.
- Shred, slice and chop.
- Peel.
- Grate.
- Drain.
- Layer.

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Pasta Sauce



SERVING SUGGESTIONS – serve with cooked pasta and grated cheese, as a pizza topping, add when making Bolognese, a sauce for chicken

Very adaptable! Store in fridge when cooled for up to 2 days, can be frozen too!

INGREDIENTS

Ingredients	Equipment
1 tablespoon oil	Chopping Board (Brown)
1 red onion	Vegetable Knife
1 carrot	Peeler
¼ red pepper	Grater
1 clove of garlic	Saucepan
1 tablespoon balsamic vinegar (optional)	Wooden spoon
1 teaspoon brown sugar	Teaspoon
1 X 400g tin chopped tomatoes	Tablespoon
2 tablespoon tomato puree	(might need a can opener, depending on can)
150ml vegetable stock (1 stock cube and 150ml boiling water)	Garlic crusher
Salt and pepper to taste	Measuring jug.

METHOD

Steps	Special Points and Contingencies
1. Wash hands, put on apron and collect equipment	Wash hands with hot soapy water. Make sure long hair is tied up. Aprons are for hygiene reasons, not just to keep you clean!
2. Chop onion and pepper. Peel and grate carrot.	Use the safe knife holds – claw and bridge. Watch your fingers when grating!
3. Heat the oil in the saucepan and gently fry the onion, pepper and carrot until soft but not brown.	Add a small amount of onion to the pan when heating your oil, when it just starts to sizzle add the rest of the vegetables. Turn the heat down if it gets too hot. Use a wooden spoon, so it does not get hot!
4. Crush the garlic into the pan and cook for 1 minute.	Use a garlic crusher or cut finely
5. Add the vinegar and sugar and cook for 2 minutes	
6. Add the tin of tomatoes, tomato puree and the water and stock cube. Bring to the boil, the simmer	Boiling is when it bubbles rapidly. Simmering is very gentle bubbling.
7. Simmer for 25minutes. Check seasoning.	Check seasoning using a clean teaspoon. Add more salt and pepper if needed. Wash up and tidy up whilst your sauce is cooking

Risotto

INGREDIENTS

Ingredients	Equipment
1 tablespoon oil Small amount of chopped chorizo or bacon 50g rice (ideally risotto rice) 1 small onion 2-4 mushrooms* 25g (1 tbs) peas* 25g (1 tbs) sweetcorn* Half stock cube 250ml hot water (at school!!) 1 dessertspoon Worcester sauce Seasoning * Can change to other suitable veg ... (This will be discussed in class ... e.g. peppers, courgettes)	Chopping board (brown for vegetables / red for raw meat) Kitchen scissors to cut bacon Vegetable knife Measuring jug Saucepan or frying pan Wooden spoon Teaspoon Food safety Point – Rice is a high-risk food. If not eating immediately- It needs to be cooled as quickly as possible and then stored in the fridge. Reheat thoroughly (until piping hot – 75 C)

METHOD

Steps	Special Points and Contingencies
1. Wash hands, put on apron and collect equipment	Wash hands with hot soapy water. Make sure long hair is tied up.
2. Prepare your vegetables – onions and mushrooms	Use safe knife holds – bridge and claw hold
3. Heat your oil and fry your vegetables and bacon or chorizo.	Add some vegetable into the oil whilst heating up, so you know when it is ready.
4. Add rice and coat (stir well)	Just for a minute
5. Add 250 ml hot water and ½ stock cube, other seasoning - stir occasionally, until the water is soaked up.	Be careful using water from the kettle Keep checking there is sufficient water, otherwise the rice will stick to the pan and not cook. It will look very “watery” at first.
6. Check rice is cooked. Add more water if needed.	The rice should be soft and tender – taste it. It needs water to cook.
7. Add peas/ sweetcorn 5 mins before the end. Season	They don’t need long to cook! Don’t add too much salt and pepper
8. Wash up, put away all equipment and tidy area	You can wash up whilst your risotto is cooking – just stir now and then.

Risotto rice should be soft and creamy in texture. If you can’t get risotto rice it won’t be quite as soft and will be a little bit more like savoury rice (but still nice!). Delicious with grated cheese (ideally parmesan but any will do!)

Macaroni cheese

Ingredients

100g macaroni or other pasta shapes
 100g Cheddar cheese
 1 tomato
 25g butter or soft spread (not a low fat ones)
 25g plain flour
 250ml semi-skimmed milk
 Black pepper

Equipment

Two saucepans, weighing scales, grater, chopping board, knife, colander, measuring jug, wooden spoon, whisk, ovenproof dish (or foil tray).

Complexity: Medium



Method

Step	Special Points and Contingencies
Bring a saucepan of water to the boil, and then add the macaroni. Cook for about 10 – 12 minutes, until al dente.	Make sure the water is at a 'rolling boil' (big bubbles!). Don't overcook the pasta, it should have a little 'bite' to it.
Grate the cheese and slice the tomato.	Use safe knife holds
While the pasta is cooking, make the sauce:	
Place the fat, flour and milk into a small saucepan bring the sauce to a simmer, whisking all the time until it has thickened;	Keep whisking to avoid lumps!
stir in 75g of the grated cheese.	
Preheat the grill.	
Drain the boiling hot water away from the macaroni into a colander in the sink.	Put the colander in the sink to void scalds
Stir the drained macaroni into the cheese sauce and add a few twists of black pepper.	
Pour the macaroni into an oven-proof dish (or foil tray).	
Arrange the tomato slices over the macaroni.	Optional. You could also sprinkle a little extra cheese on
Place under a hot grill until the cheese is bubbling and golden brown.	

Top tips

- Try using a reduced fat Cheddar cheese to lower the fat content or use wholemeal pasta to increase the fibre.

Food skills

- Weigh.
- Measure.
- Boil and simmer.
- Drain.
- Grate.
- Slice.
- Stir.
- Decorate and garnish.
- Grill.

Decorated Cupcakes

Ingredients

For the cupcakes

- 110g/4oz butter or margarine, softened at room temperature
- 110g/4oz caster sugar
- 2 free-range eggs, lightly beaten
- 1 tsp vanilla extract
- 110g/4oz self-raising flour
- 1-2 tbsp milk

For the buttercream icing

- 140g/5oz butter, softened
- 280g/10oz icing sugar
- 1-2 tbsp milk
- a few drops food colouring

Method

1. Preheat the oven to 180C/350F/Gas 4 and line a 12-hole muffin tin with paper cupcake cases.
2. Cream the butter and sugar together in a bowl until pale. Beat in the eggs a little at a time and stir in the vanilla extract.
3. Fold in the flour using a large metal spoon, adding a little milk until the mixture is of a dropping consistency. Spoon the mixture into the cupcake cases until they are half full.
4. Bake the cupcakes in the oven for 10-15 minutes, or until golden-brown on top and a skewer inserted into one of the cakes comes out clean. Set aside to cool for 5 minutes, then remove from the tin and cool on a wire rack.
5. For the buttercream icing, beat the butter in a large bowl until soft. Add half the icing sugar and beat until smooth.
6. Then add the remaining icing sugar with one tablespoon of the milk, adding more milk if necessary, until the mixture is smooth and creamy. Add the food colouring and mix until well combined.
7. Spoon the icing into a piping bag with a star nozzle and pipe the icing using a spiralling motion onto the cupcakes in a large swirl.



Spaghetti bolognaise

Ingredients

1 onion
1 clove garlic
1 carrot
1 celery stick
1 x 15ml oil
250g minced beef
400g canned chopped tomatoes
1 x 15ml spoon tomato puree
100ml water
1 x 5ml spoon mixed herbs
Black pepper
150g spaghetti

Complexity: medium - high



Equipment

Weighing scales, chopping board, knife, garlic press, peeler, 2 saucepans, wooden spoon, measuring spoons, measuring jug, colander.

Method

1. Prepare the vegetables:
 - Peel and chop the onion;
 - Peel and crush the garlic;
 - Peel and slice the carrot;
 - Finely slice the celery.
2. Fry the onion, garlic, carrot and celery in the oil.
3. Add the meat and cook until the mince is lightly browned.
4. Add the tomatoes, tomato puree, mixed herbs and water and mix all the ingredients together. Then add a few twists of black pepper.
5. Bring to the boil, then simmer (low heat) for 20 minutes.
6. Meanwhile place the spaghetti in a separate saucepan of boiling water. Cook for 10 - 12 minutes or until the spaghetti is al dente (tender).
7. Drain the boiling water away from the spaghetti into a colander in the sink.
8. To serve pour some of the bolognaise sauce over the spaghetti.

Top tips

- Try serving your spaghetti bolognaise with parmesan cheese and fresh basil.
- For a vegetarian option swap the minced beef for veggie mince, chopped mushrooms or lentils (cheap, nutritious and really nice!)

Food skills

- Weigh.
- Measure.
- Peel.
- Chop and slice.
- Fry.
- Stir.

Easy Irish Soda Bread

Preparation and cooking time: Prep: 5 mins Cook: 40 mins
Easy. Cuts into 5 slices

Want a simple bread recipe? This soda bread requires no kneading or proving (leaving to rise), is yeast-free and doesn't need bread flour! It takes minutes to prepare. Above all, it's delicious! Vegetarian.



Ingredients (makes one small loaf)

- 250 g plain wholemeal flour (or plain if you don't have wholemeal)
- 1 tsp sea salt
- ½ tsp (teaspoon) bicarbonate of soda
- 1 tbsp finely chopped rosemary (optional, can be left out)
- 200 ml whole milk
- 1 tbsp (tablespoon) of lemon juice
- 1 tsp (teaspoon) honey

Method

STEP 1

Heat oven to 200C/180C fan/gas 6. Mix together the flour, salt and bicarb in a bowl. And if you'd like rosemary bread, add the chopped rosemary too.

STEP 2

Mix together the milk and lemon juice in a jug, and wait for a minute as it magically turns into buttermilk. Then stir in the honey, and simply pour it into the flour mixture. Stir it with a knife for a minute until the whole thing comes together into a sticky dough.

STEP 3

Tip onto a floured work surface and shape it into a ball. Tip – put some flour on your hands to stop them getting too sticky and don't overhandle the dough.

STEP 4

Put the ball on a floured baking tray and, using a sharp knife, make a deep cross on top.

STEP 5

Put in the oven and bake for about 25 mins. It's cooked when the base sounds hollow when tapped. Wipe down surfaces and wash up whilst you wait.

STEP 6

Cool on a wire rack until warm, then slice and serve.

Delicious with soup, or with butter and jam!

Brilliant bread

Complexity: low-medium

Ingredients

250g strong flour (white or wholemeal). *'Strong' flour has a higher level of gluten than ordinary flour which makes the dough super stretchy and able to hold the air bubbles.*

1/2 x 5ml spoon salt

7g pack fast action dried yeast. *Yeast produces the air that makes the bread rise.*

150ml warm water



Equipment

Weighing scales, measuring spoons, measuring jug, baking tray, greaseproof paper, sieve, mixing bowl, mixing spoon, flour dredger, oven gloves, cooling rack.

Method

1. Preheat the oven to 220°C or gas mark 7.
2. Line the baking tray with greaseproof paper.
3. Sift together the flour and salt into the mixing bowl.
4. Stir in the yeast.
5. Make a well in the middle of the flour mixture and add the warm water. Note: the water must not be hot. Mix to form a soft dough.
6. Sprinkle a little flour onto a clean work surface and place the dough on the surface.
7. Knead the dough for 10 minutes.
8. Divide the dough into 4 pieces and shape into rolls.
9. Place the rolls on the baking tray.
10. Cover the dough and leave to prove for 30 minutes in a warm place, until they double in size.
11. Bake for 10 - 15 minutes until golden brown. **Adults** to use the oven.

Top tips

- Why not try adding 25g apple, grated cheese, dried fruit or chopped onion to the flour mixture?
- Decorate your bread with grated cheese or diced onion before baking.
- Want soft rolls? Sprinkle a bit of flour over before baking. Glaze with milk or melted butter for a shiny roll.

Food skills

- Weigh.
- Measure.
- Sift.
- Stir and mix.
- Knead.
- Divide and portion.
- Prove.
- Bake.

Pesto pizza

Ingredients (makes medium or 2 small pizzas)

- 75g strong white flour
- 25g strong wholemeal flour (or 100g of either)
- ½ x 5 ml spoon salt
- ½ sachet dried yeast
- 1 x 10ml spoon sunflower oil
- 3 x 15ml spoon warm water
- 2 x 15ml spoon pesto (level) or tomato puree if you don't like pesto)
- 25g sundried tomatoes (optional)
- 5 black pitted olives
- 30g feta cheese
- Handful of basil leaves (if you have them)

Complexity: medium



Equipment

Baking tray, pastry brush, weighing scales, sieve, mixing bowl, palette knife, measuring spoons, measuring jug, flour dredger, rolling pin, chopping board, sharp knife, and cooling rack.

Method

1. Preheat the oven to 200°C or gas mark 6.
2. Grease or line the baking tray.
3. Sift the flour and salt into the mixing bowl.
4. Stir in the yeast and make a well in the middle.
5. Add the oil and enough warm water to mix into a soft dough with your hands.
6. Turn the dough out onto a lightly floured surface and knead for 5-10 minutes.
7. Place the dough in the bowl, cover with cling film and allow to prove in a warm place for 15 minutes.
8. Roll out and shape the dough into a rectangle. Place the dough onto the baking tray.
9. Spread the pesto on the base almost to the edge of the pizza with a palette knife.
10. Thinly slice the sun dried tomatoes and olives.
11. Arrange the tomato and olives on top of the pizza.
12. Crumble the feta cheese on top.
13. Bake for 10-15 minutes.
14. Remove from the oven and place the pizza on a cooling rack. Roughly tear the basil leaves and sprinkle over the pizza.

Top tips

- Use different types of flour for the base such as wholemeal or maize.
- Vary the toppings on the pizza – use up what you have. Cheddar cheese is cheaper than feta.
- Serve with a salad.
- You can separate into dough balls, wrap in oiled clingfilm and freeze – a home made pizza whenever you fancy it!

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.

Complexity: low-medium



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 the oats and sugar.
4. Cut the apples into quarters and remove the core. Slice thinly.
5. Arrange the apple slices in an oven proof/foil tray dish on a baking tray, and then add the sultanas. Add 3 or 4 tablespoons of water for a softer filling.
6. Sprinkle the crumble topping over the apple slices.
7. 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 -whatever is cheap and in season!
- 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.

Poached Egg on Toast

How to poach eggs:

<https://www.youtube.com/watch?v=pAWduxoCgVk>

Cheap, fast and super healthy! Great for breakfast or a quick meal.



Ingredients

- 1 medium free-range egg
- 30g/1oz slice wholemeal or granary bread
- salt and freshly ground black pepper

Method

1. Bring a small saucepan of water to a rapid boil.
2. Whisk/swirl the water to create a vortex then crack the egg into the centre of the vortex and cook for 3 minutes on a gentle / low heat. Remove the egg with a slotted spoon.
3. Meanwhile, toast the bread.
4. Place the poached egg onto the toast and season with salt and pepper.

Tips – if not confident cracking eggs straight in, crack it into a small bowl first!

Make sure the water isn't boiling when you put the egg in or it will go everywhere! It should be a gentle simmer. It might take a bit of practice but it easy once you crack the technique.

Koftas

Ingredients

- 1 small onion
- 1 clove of garlic
- 1/2 red chilli
- 200g lamb mince (or beef)
- 1 x 5ml spoon cumin
- 1 sprig of parsley, mint and coriander

Equipment

Chopping boards, knife, fork, food processor, flour dredger, skewers.

Complexity: medium



Method

1. Peel the onion and cut in half.
2. Peel the garlic.
3. Cut off the top of the chilli and remove the seeds. Don't touch your eyes!
4. Put the onion, chilli and garlic into the food processor and blitz (or finely chop and mash with the end of a rolling pin if you don't have one)
5. Add the mince, cumin and herbs and blitz / mash together.
6. Sprinkle a little flour onto a chopping board, then divide and shape the mixture into 8 balls.
7. Thread the meat balls onto the skewers. Thoroughly wash and dry your hands after touching the raw meat and always throw the empty containers away.
8. Carefully place the skewers onto a grill pan.
9. Grill for 10-15 minutes, turning occasionally to ensure even cooking. (The meat balls should be thoroughly cooked – no pink.).
10. Serve in a pitta with salad.

Top tips

- If you don't have a food processor, prepare the onion, chilli and garlic by hand. Mash everything together in a mixing bowl.
- You could also do these in the oven.
- If you are using wooden skewers soak them in water before using them so they don't burn under the grill.
- Try serving with low fat hummus or tzatziki.
- The grill pan gets hot so remember to use oven gloves.

Food skills

- Weigh.
- Measure.
- Peel.
- Cut.
- Blitz.
- Divide.
- Form and shape.
- Grill.

Easy Flatbreads

Ingredients

- 110g self-raising flour , plus extra for dusting
- 110g plain wholemeal flour
- 3 tbsp rapeseed oil, plus extra for the bowl
- small knob of butter, melted

Method

• STEP 1

Sift the flours and 1 tsp salt into a large bowl. Add 1 tbsp of the oil and 150ml warm water. Bring together into a soft but not too sticky dough (you may need up to 175ml water). If it feels too wet, add some flour. If it's too dry, add water.

• STEP 2

Tip onto a floured surface and knead for 4-5 mins, or until smooth. Put the dough in an oiled bowl, cover and leave for 30 mins.

• STEP 3

Tip onto a floured surface. Divide into six balls and roll each out into a thin, 18-20cm wide circle using a rolling pin. If you prefer, you can divide again into twelve balls to make smaller flatbreads.

• STEP 4

Brush a heavy-based frying pan with oil and cook one flatbread over a high heat for 1-2 mins on each side, or until golden and starting to puff. Put on a plate and brush with butter. Repeat with the rest of the dough.



Savoury rice

Ingredients

1 onion
3 mushrooms
½ red pepper
1 tomato
1 x 10ml spoon oil
150g long grain rice
550ml water, boiling
1 x 5 ml spoon vegetable stock powder or cube
50g peas (frozen or tinned)
1 x 10ml spoon curry powder

Equipment

Chopping board, knife, saucepan, wooden spoon, weighing scales, measuring jug, measuring spoons, kettle.



Method

Prepare the vegetables:

- peel and chop the onion;
- slice the mushrooms;
- dice the red pepper;
- chop the tomato.

Fry the onion in oil until soft.

Add the mushrooms and red pepper and cook for a further 2 minutes.

Stir in the rice.

Mix the stock powder with the boiling water.

Add the stock, peas and curry powder and stir together.

Simmer for 15 minutes, until the rice is tender (soft). *Don't stir too much or the rice will go mushy, just cook gently and stir every now and then. Check if it's cooked and if its not add a bit more boiling water if it's going dry.

To serve place the rice in a bowl and sprinkle the chopped tomato on top.

Top tips: Try different vegetables such as sweetcorn or frozen mixed vegetables. Delicious as a main course or as a side dish with chicken, meat or fish.

Rice will absorb any flavours you cook it with! Try different flavours, e.g. chilli, lemon, chicken stock, herbs, etc.

Ms Lander's 'Pepper Pork' Recipe

(Serves 4-6)

One of our family recipes is a recipe that my nanna introduced to us and now it's a meal that we make when we have a family gathering/ get together we call it "Pepper Pork". My nanna got this recipe from a local restaurant that she worked at when living in Spain. This is a meal served and designed to help yourself.

Ingredients:

- 2 Pork fillets
- 1 large French stick/ Tiger bread
- Chips/ Vegetables (depending on preference)
- 1 carton of single cream 250ml
- 2 table spoons of Bovril
- Black Pepper (crushed) as much as required depending on preference
- Half a tea spoon of crushed garlic

Method:

1. Slice the pork fillet into equal segments
2. Roast/ steam vegetables
3. Brown the pork fillet using a frying pan, once brown season with salt and pepper
4. Start to mix the single cream in a bowl/ measuring jug adding in 2 table spoons of Bovril with as much crushed pepper as necessary
5. Gradually add the mixture of single cream and Bovril into the frying pan on a low heat to simmer
6. Slice bread and place on serving tray/ large plate – Bread to soak up the creamy peppercorn sauce
7. Serve equal amounts of pork/ sauce onto plates
8. Tuck in and enjoy 😊

Chickpea curry

(from BBC Good Food, recommended by Ms Goodwin)

- **Prep:** 15 mins
- **Cook:** 25 mins
- **Easy**
- **Serves 4**

This easy chickpea curry, created by reader Jon Gregg, is a vegan recipe that's three of your five-a-day. It works well as a main course or a simple side dish.

Freezable - Gluten-free - Vegan - Vegetarian - Healthy



Ingredients

For the paste

- 2 tbsp oil
- 1 onion, diced
- 1 tsp fresh or dried chilli, to taste
- 9 garlic cloves (approx 1 small bulb of garlic)
- thumb-sized piece ginger, peeled
- 1 tbsp ground coriander
- 2 tbsp ground cumin
- 1 tbsp garam masala
- 2 tbsp tomato purée

For the curry

- 2 x 400g cans chickpeas, drained
- 400g can chopped tomatoes
- 100g creamed coconut or 1 can coconut
- ½ small pack coriander, chopped, plus extra to garnish
- 100g spinach

To serve - cooked rice and/or dahl

Method

- **STEP 1** To make the paste, heat a little of the 2 tbsp oil in a frying pan, add 1 diced onion and 1 tsp fresh or dried chilli, and cook until softened, about 8 mins.

STEP 2 In a food processor (or crush using the end of a rolling pin), combine 9 garlic cloves, a thumb-sized piece of peeled ginger and the remaining oil, then add 1 tbsp ground coriander, 2 tbsp ground cumin, 1 tbsp garam masala, 2 tbsp tomato purée, ½ tsp salt and the fried onion. Blend / crush to a smooth paste – add a drop of water or more oil, if needed.

- **STEP 3** Cook the paste in a medium saucepan for 2 mins over a medium-high heat, stirring occasionally so it doesn't stick.

- **STEP 4** Tip in two 400g cans drained chickpeas and a 400g can chopped tomatoes, and simmer for 5 mins until reduced down.
- **STEP 5** Add 100g creamed coconut with a little water OR the tin of coconut milk, cook for 5 mins more, then add ½ small pack chopped coriander and 100g spinach, and cook until wilted.
- **STEP 6** Garnish with extra coriander and serve with rice or dhal (or both).

Student family recipes - Joey Grey

Hello, I am Emma, D's mum. We love home cooked meals, I do a wide variety of dishes. My paternal ancestors are Romani travellers, so I thought I'd share one of their traditional dishes with you, called *Joey Grey*.

This is the recipe:

Ingredients:

- 6 rashers of bacon
- 6 sausages
- 4 large tomatoes or a tin of tomatoes
- 4 large potatoes, sliced
- 1 onion
- 3 stock cubes

Method

1. Fry sausages, bacon and onion in a pan until brown
2. Cover with water and add the potato slices
3. Simmer
4. After about 10 minutes, add the tomatoes and sprinkle in the stock cubes.
5. Leave to simmer for at least 30 mins.

Serve as a runny stew, with crusty bread and butter.



Student family recipes – Stir Fry

I also want to share our favourite dish, which is a stir fry. As I've cooked this over the years I've tweaked the original recipe to suit how we enjoy it. Emma

Ingredients:

- Handful of mangetout
- 4 decent size carrots, sliced
- 1 red onion, chopped (large chunks)
- 1 Green sweet pepper, sliced
- 1 red sweet pepper, sliced
- 1 pack of baby corn, chopped
- 2 large flat mushrooms, sliced
- 500g chicken breast or beef, diced
- 1 pack of egg noodles
- 1 handful of beansprouts
- half a tin of water chestnuts
- half a tin of bamboo shoots
- 2-3 chow mein sachets
- pinch of pepper, salt and garlic for seasoning meat.



Method:

1. Prepare all the vegetables and the meat..
2. Fry the meat in a wok, with seasoning added to the pan during frying. Once browned, put to one side for now.
3. Add the noodles and carrots, into a pan and bring to a simmer.
4. Now fry all the vegetables together, this can take 10-15 minutes to cook the veg.
5. Once your noodles have cooked, drain them and the carrots, then add them to your wok. Also add the meat into the wok.
6. Now stir in the sauce, allow the food to fry for around 3 minutes, then serve.

Student family recipes - Cabbage Rolls (Sarmale)

Country this is from or family recipe: Roamnia. Sent in by: Denisa (A's mom)

Equipment needed:

- Pan
- Baking dish
- Bowl

Ingredients:

- 2 tablespoon vegetable oil
- 1 large onion chopped
- ½ cup rice uncooked
- 2 pound ground pork meat
- ¼ cup parsley chopped
- ¼ cup dill chopped
- salt and pepper to taste
- 2 pound sour cabbage leaves
- 15 slices bacon chopped
- 4 cups tomato juice

Oven temp: 375°F



Method / Steps:

1. Preheat the oven to 375°F.
2. Heat the oil in a pan, add the onions and cook until softened and translucent. Add the rice and cook for another minute.
3. In a large bowl, add the ground pork, salt, pepper, parsley, dill and the onion and rice mixture. Be careful with the salt, not too much is needed because the sour cabbage is already salty. Mix well using your clean hands.
4. Remove all the cabbage leaves and cut each leaf in half.
5. Fill each leaf with about a couple tbsp of the meat mixture and roll. Repeat with all the remaining meat and cabbage. If you have any cabbage left over, chop it up and spread it over the bottom of a big pot.
6. Put all the rolls in the pot, add the chopped bacon in between the cabbage rolls and add the tomato juice over the rolls. Add more water if needed, the juice should cover the cabbage rolls entirely. Cover the pot with aluminium foil or a lid.
7. Place in the oven and bake for 2 hours, remove the foil or lid and place back in the oven and cook for another 1½ to 2 hours.

How to serve / what to serve this with: Serve hot with a bit of sour cream on top and with a side of polenta.