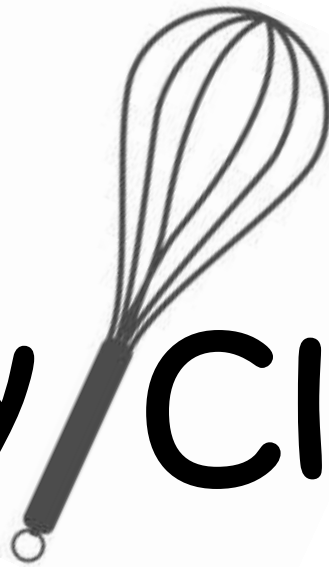




Year 7

Cookery Club



Recipe Book

Tropical granola bars

Ingredients

50g butter or margarine

2 x 15ml spoon honey

100g sugar

150g jumbo oats

1 x 5ml spoon cinnamon

40g pumpkin seeds

40g dessicated coconut

75g tropical dried fruit

Equipment

Weighing scales, measuring spoons, saucepan, wooden spoon, baking tin, spatula, palette knife.

Method

1. Preheat the oven to 180°C or gas mark 4.
2. Place the butter or margarine, sugar and honey into a saucepan and gently heat until the butter or margarine has melted.
3. Stir in all the other ingredients.
4. Pour the mixture into a non-stick (or lined) baking tin.
5. Pat down the mixture in the baking tin.
6. Bake for 20 minutes, until lightly browned.
7. Remove from the oven and cut into 'bars' in the baking tin while hot.

Top tips

- Try adding a different type of breakfast cereal, instead of oats.
- Add 1 x 5ml spoon ginger or mixed spice to the oat mixture instead of cinnamon.

Fruity Muffins

Ingredients

250g self-raising flour
2 x 5ml spoons of baking powder
100g caster sugar
230ml semi skimmed milk
1 egg
60ml oil
150g canned fruit, drained

Equipment

Weighing scales, large bowl, measuring spoons, measuring jug, wooden spoon, cake cases, patty tin, can opener, 2 metal spoons, cooling rack.

Method

1. Preheat oven to 180°C or gas mark 4.
2. Place the muffin cases into the muffin tin.
3. Mix all the ingredients together to form a smooth batter.
4. Stir in the fruit.
5. Divide the mixture equally between the cake cases using 2 spoons.
6. Bake for 20 - 25 minutes, until golden.
7. Allow to cool on a cooling rack.

Top tips

- Vary the type of fruit you use. Try bananas, cherries or blueberries.
- Experiment with different spices, such as cinnamon, ginger or mixed spice.

Carrot Muffins

150g margarine

250g carrots

200g sugar

2 large eggs

200g flour

2 x 5ml cinnamon

2 x 5ml baking powder

125g sultanas

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 metal spoons.

Method

1. Preheat the oven to 200°C or gas mark 6.
2. Melt the margarine in the microwave.
3. Top and tail, and then peel and grate the carrots.
4. Combine the carrots, sugar and margarine in the mixing bowl.
5. Sift in the flour, cinnamon and baking powder.
6. Beat the eggs in a small bowl, and then add to the mixture.
7. Mix in the sultanas and nuts.
8. Divide the mixture equally between the muffin cases, using the two metal spoons.
9. Bake for 20 minutes.

Top tips

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

Courgette and cheese muffins

Ingredients

225g self-raising flour
50ml oil
175 ml semi-skimmed milk
1 egg
100g Cheddar cheese
1 courgette
Black pepper

Equipment

Weighing scales, measuring jug, chopping board, vegetable knife, grater, mixing bowl, wooden spoon, 2 metal spoons, 12 muffin cases, patty tin, cooling rack.

Method

1. Preheat oven to 200°C or gas mark 6.
2. Place the muffin cases in the muffin tin.
3. Cut the ends off the courgette.
4. Grate the courgette and cheese.
5. Mix all the ingredients together to form a smooth batter.
6. Divide the mixture equally between the muffin cases using 2 spoons.
7. Bake for 20 minutes, until golden.
8. Allow to cool on a cooling rack.

Top tips

- Try using a grated carrot instead of courgette.
- Add finely sliced chilli or ginger for a different flavour.
- Crumble in a little crispy grilled bacon.

Scone based pizza

Ingredients

150g self-raising flour
25g margarine
1 egg
50ml milk semi-skimmed
3 x 15ml spoons of passata sauce
1 tomato
50g cheese, e.g. Mozzarella
2 mushrooms
1 x 5ml spoon of dried herbs
25g sweetcorn
½ green pepper

Equipment

Weighing scales, sieve, mixing bowl, small bowl, fork, measuring jug, palette knife, measuring spoons, flour dredger, rolling pin, baking tray, chopping board, knife, grater.

Method

1. Preheat the oven to 200°C or gas mark 6
2. Line a baking tray.
3. Sift the flour into a bowl.
4. Rub the butter or margarine into the flour until it resembles breadcrumbs.
5. Whisk the egg and milk together in a small bowl with a fork.
6. Add the egg mixture to the flour and mix together form a soft dough.
7. Flatten out the dough on a floured surface to form a large circle.
8. Transfer the dough to the baking tray.
9. Spread the passata sauce over the dough.
10. Prepare the vegetables: slice the mushrooms; slice the tomato; remove the core from the pepper and slice into the thin strips.
11. Arrange the mushrooms, tomato, green pepper and sweetcorn over the base.
12. Grate or slice the cheese.
13. Sprinkle or place the cheese and herbs over the top of the pizza.
14. Place the pizza in the oven and bake for 10 – 15 minutes, until golden brown.

Rock cakes

Ingredients

200g self-raising flour

75g butter or margarine

75g sugar

75g mixed dried fruit

1 egg

Equipment

Non-stick baking tray (lined), sieve, mixing bowl, weighing scales, palette knife, small bowl, fork, spoons, cooling rack.

Method

1. Preheat the oven to 220°C or gas mark 7.
2. Sieve the flour into the bowl.
3. Rub in the butter or margarine into the flour until it resembles breadcrumbs.
4. Stir in the sugar and dried fruit.
5. Whisk the egg lightly in a small bowl.
6. Make a well in the middle of the flour and carefully add the egg.
7. Mix to form a soft, yet firm, dough.
8. Using 2 spoons, divide the dough into 8 'rocks' and place on the baking tray.
9. Bake for 12-15 minutes, until golden brown.
10. Allow to cool on a cooling rack.

Top tips

- Use 50g coconut instead of the dried fruit.
- Leave out the dried fruit, and when on the baking tray, add a small spoon of jam in the middle of each cake.
- Add a few drops of water if the dough is too dry.

Koftas

Ingredients

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

Equipment

Two chopping boards, two knives, fork, food processor, flour dredger, skewers.

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.
4. Put the onion, chilli and garlic into the food processor and blitz together.
5. Add the mince, cumin and herbs, then blitz 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.
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.

Savoury Tarts

Ingredients

½ pack shortcrust pastry – fresh/frozen

2-3 ingredients of your choice e.g. mushrooms, tuna, sweetcorn, pepper, ham etc

1 egg

75ml milk

100g cheese

Method

1. Preheat the oven to 200°C
2. Put the pastry onto a lightly floured surface and roll it out to the thickness of a 2 pence coin using a rolling pin.
3. Cut the pastry using a pastry cutter and place the pastry circles in the bun/muffin tin.
4. In a jug, beat the egg and milk together using a fork.
5. Add your additional ingredients to the tart cases. Then carefully pour the egg/milk mixture over the top.
6. Place the tarts in the oven for 10-15 minutes. When cooked and slightly golden, remove them from the oven and allow to cool.

Chocolate Chip Cookies

Ingredients

150g self-raising flour
75g margarine
75g soft brown sugar
100g chocolate chips
1 drop vanilla essence
1 egg

Method

1. Preheat oven to 180°C.
2. Put margarine and sugar into a large mixing bowl. Cream until light and fluffy.
3. Add the egg and vanilla essence to the creamed fat and sugar mixture and mix with a wooden spoon.
4. Stir in the flour and chocolate chips.
5. Place in small spoonfuls on a greased baking sheet, 1cm apart.
6. Bake in the oven for 10-15 mins until golden brown.
7. Remove from baking sheet with palette knife and place on cooling rack to cool.

Bread Rolls

Ingredients

250g strong white bread flour (with 1 tsp sugar and ½ tsp salt added)

7g yeast

150mls hand hot water

Method

1. Preheat the oven to 220°C
2. Put flour into a bowl with the yeast, one tsp sugar and ½ tsp salt
3. Stir in hand hot water with a round bladed knife, until all the flour binds together to form a soft but not sticky dough
4. Knead on floured work surface for approx 5 mins.
5. Shape into 6 rolls and place on a baking sheet, cover with clingfilm and leave in a warm place to rise until almost doubled in size (about 20 mins).
6. Place in oven and bake for 5-10 minutes until golden brown.

Extras to add

Savoury options: Sundried tomatoes, herbs, pesto, olives, onion, cheese.

Sweet options: Dried fruits, spices, a little dark brown sugar.

Chocolate Brownies

Ingredients

120g margarine
230g caster sugar
2 eggs
65g plain flour
½ teaspoon baking powder
50g cocoa
100g raisins or chocolate chips – optional

Method

1. Preheat the oven to 180°C. Line the tin with baking paper.
2. Place the margarine and sugar in a small saucepan and melt over a low heat. Stir until the sugar is dissolved.
3. Break the eggs into a small bowl and beat.
4. Sift the flour, baking powder and cocoa into a large mixing bowl.
5. Add the melted margarine/sugar and eggs to the mixing bowl, stir ingredients together until thoroughly mixed. Stir in raisins or chocolate chips, if being used.
6. Pour the mixture into the tin and smooth the top with the back of a spoon.
7. Place in the oven and cook for about 20 minutes until just set in the middle.
8. Leave in the tin to cool and mark into squares.

Lemon Cheesecake

Ingredients

150g/6oz digestive biscuits

75g/3oz butter or margarine

200g full fat cream cheese

125ml/ ¼ pt. double or whipping cream

50g/2oz caster sugar

1 lemon

Flan dish or cake tin 8" diameter

Method

1. Grease cake tin/flan dish
2. Melt margarine in large bowl for 30 seconds on high, in microwave
3. Make biscuit crumbs by placing biscuits in a bowl and using the end of a rolling pin
4. Mix crumbs and melted margarine together and place in the bottom of the flan dish
5. Zest and juice the lemon
6. Whip cream in clean large mixing bowl till thickened then mix with the creamed cheese, sugar, lemon juice and zest
7. Place over crumbs, spread out until level
8. Chill in the blast chiller

Chocolate Krispy Cakes

Ingredients

50g cornflakes or rice krispies
2tsp. Cocoa
25g sugar
25g margarine
1 tbsp. Golden syrup
1 tbsp. Coconut
25g currants

Method

1. Collect all ingredients and equipment.
2. Place margarine, cocoa, golden syrup and sugar into saucepan.
3. Place the saucepan on the hob and heat gently, stirring with a wooden spoon until the margarine has melted.
4. Remove from the heat and add the wheat flakes, coconut, currants.
5. Mix well using the wooden spoon.
6. Place the paper cases into the bun tray.
7. Put a heaped mixture into each paper case.
8. Leave to set.

Rocky Road Crunch Bar

Ingredients

125g butter

300g chocolate

3 tbsp. golden syrup

200g digestive biscuits

100g marshmallows (mini)

2 crunchie bars

Maltesers

Method

1. Place butter, chocolate and golden syrup into a small bowl.
2. Break biscuits and crunchie bar into small pieces: either use a plastic bag and a rolling pin or a food processor.
3. Tip the crushed biscuits into a large bowl and add the marshmallows
4. Microwave the chocolate mixture for 1 min – stir well
5. Pour $\frac{2}{3}$ melted chocolate mixture into the crushed biscuits and mix well.
6. Tip into a tray and press flat with your hand or back of a spoon
7. Pour over the remaining melted chocolate and spread over the biscuits
8. Top with Maltesers

Cheese Straws

Ingredients

100g self-raising flour

1/4 tsp salt

1/2 tsp mustard

50g margarine

75g Cheddar cheese

1 egg, beaten.

Method

1. Preheat oven 180°C/Gas 4.
2. Grease a baking tray.
3. Sieve the flour, salt and mustard together in mixing bowl.
4. Rub in margarine with fingertips until it resembles fine breadcrumbs.
5. Beat egg with a fork in a small bowl.
6. Grate cheese.
7. Add cheese to breadcrumb mixture and mix.
8. Add egg, a little at a time, and mix until it forms a stiff dough.
9. Roll out thinly and cut into strips with a round-bladed knife.
10. Place onto a baking tray.
11. Bake in oven for 10–15 mins until golden brown.
12. When cooked, allow to cool for a few minutes and very carefully remove from baking tray and place onto cooling tray, using a palette knife.

Shortbread

Ingredients

150g plain flour

100g butter/margarine

50g caster sugar

2 drops vanilla essence

Caster sugar for sprinkling.

Method

1. Preheat oven to 160°C/Gas 3.
2. Put flour and sugar into mixing bowl and mix together.
3. Cut the margarine into small pieces and add to the flour and sugar and rub in with fingertips until mixture “sticks” together.
4. When mixture “sticks” together, add the vanilla flavouring.
5. Gently knead mixture until it forms a soft ball. Remove from bowl.
6. For petticoat tails, shape the dough into a circle (approx. 1cm thick) on the greased baking tray and cut into 6 even-sized, triangular pieces.
7. Prick all over with a fork and mark the edges with a fork.
8. Bake the shortbread for 15–20 minutes, until it is pale golden brown.
9. Remove from oven, allow shortbread to cool for 5 minutes before removing from tin.
10. Sprinkle with caster sugar.

Chicken Nuggets

Ingredients

100g Fresh breadcrumbs

1 Egg

2 Chicken breasts

½ tsp Paprika (optional)

½ tsp Garlic powder (optional)

Method

1. Preheat the oven to 200C / gas mark 6
2. Break up the bread into pieces and place in a food processor. Whiz to create fine crumbs.
3. Place the breadcrumbs in a metal bowl. Add the garlic and paprika and mix in to breadcrumbs.
4. Beat the egg in a large mixing bowl.
5. Cut the raw chicken on a red chopping board into bite size pieces. Add to the egg mixture and stir.
6. Transfer the chicken pieces to the bowl of breadcrumbs and toss to coat evenly.
7. Arrange the crumbed chicken on a lightly greased baking sheet and bake for 10 minutes.
8. Remove the chicken from the oven when brown and crisp, and cooked through.

Gingerbread Biscuits

Ingredients

350g/12oz plain flour, plus extra for rolling out
1 tsp bicarbonate of soda
2 tsp ground ginger
1 tsp ground cinnamon
125g/4½oz butter
175g/6oz light soft brown sugar
1 free-range egg
4 tbsp golden syrup

Method

1. Sift together the flour, bicarbonate of soda, ginger and cinnamon and pour into the bowl of a food processor. Add the butter and blend until the mix looks like breadcrumbs. Stir in the sugar.
2. Lightly beat the egg and golden syrup together, add to the food processor and pulse until the mixture clumps together. Tip the dough out, knead briefly until smooth, wrap in clingfilm and leave to chill in the fridge for 15 minutes.
3. Preheat the oven to 180C/350F/Gas 4. Line two baking trays with greaseproof paper.
4. Roll the dough out to a 0.5cm/¼in thickness on a lightly floured surface. Using cutters, cut out the gingerbread men shapes and place on the baking tray, leaving a gap between them.
5. Bake for 12-15 minutes, or until lightly golden-brown. Leave on the tray for 10 minutes and then move to a wire rack to finish cooling. When cooled decorate with the writing icing and cake decorations.

