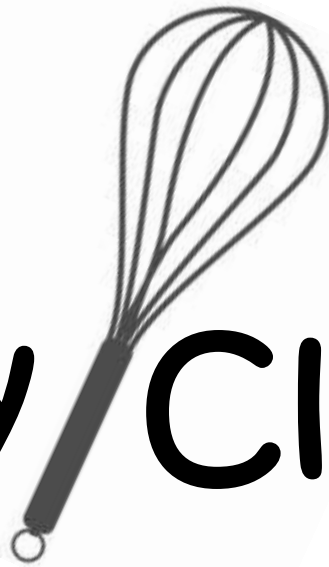




Year 8

Cookery Club



Recipe Book

Chelsea buns

Ingredients

250g strong plain flour

1 tablespoons Olive Oil

1 Sachet of Fast Acting Yeast

Approx 150mls Hand Hot Water

Choice of fillings:

Savoury: 100g grated cheese with either - pesto, marmite, tomato puree

OR

Sweet: 25g butter or margarine, 75g dried fruit (choice of sultanas, raisins, apricots etc), 25g brown/white sugar, cinnamon, mixed spice.

Method

1. Preheat the oven to 220°C.
2. Line a brownie tin with greaseproof paper.
3. Put flour into a bowl
4. Add the milk and mix to form a soft dough.
5. Knead the dough for 10 minutes until smooth and elastic.
6. Roll out into a square (25cmx25cm) on a floured surface.
7. Sprinkle the fillings over the dough.
8. Roll up the dough like a Swiss roll.
9. Cut into 8 slices.
10. Arrange the slices in the baking tin, cover and leave to rise (until they double in size).
11. Bake for 20 minutes, until golden brown.

Sausage Rolls

Ingredients

225g sausage meat

1 egg

375g ready-made puff

Method

1. Put oven on to electric 220 C Gas 7
2. Flour a baking tray or line with baking parchment
3. Flour your work surface and roll the pastry out thinly into an oblong about 25cm wide.
Cut it into two equal strips
4. On a floured surface cut the meat in half and roll it into two 'sausages' as long as the strips of pastry, or use wet hands to divide and form two sausages. Lay them down the centre of the pastry strips
5. Break the egg into a jug and lightly beat with a fork
6. Brush the sides of the strips of pastry with the egg. Fold one side of each strip over the sausage meat and press the pastry edges firmly together
7. Cut the rolls into small pieces, brush them with beaten egg and cut two slits in the top of each one
8. Put them on a baking tray and bake for 20-25 minutes until golden brown

Burgers

Ingredients

225g (½lb) of minced meat

3 teaspoons dry porridge oats

1 small onion

1 small egg

1 teaspoon dried mixed herbs

Method

1. Heat oven to 200C Gas 6
2. Peel onion and finely chop
3. Add minced meat, chopped onion, porridge oats, a beaten egg and the mixed herbs to a mixing bowl and mix thoroughly together
4. Using a ¼ of the mixture each time shape into four burgers
5. Place onto the baking tray lined with baking parchment and bake for 20 minutes

Dutch apple cake

Ingredients

- 100g caster sugar
- 100g soft margarine
- 2 eggs
- 100g self-raising flour
- 1 eating apple
- 1 tsp spoon cinnamon
- 1 tsp spoon demerara sugar

Method

1. Preheat the oven to 180°C or gas mark 6.
2. Grease and/or line the baking tin.
3. Put the sugar and margarine, eggs and flour in a mixing bowl
4. Beat together using a wooden spoon until light and fluffy.
5. Spread the mixture in the cake tin.
6. Cut the apple into quarters, remove the core and slice thinly
7. Arrange the apple slices over the cake mix, and then sprinkle the cinnamon and sugar on top.
8. Place in the oven and bake for around 20 minutes, until golden brown and springy to the touch.
9. Remove from the oven loosen the edge with a blunt knife and remove from the tin

Marble Pear Tray Bake

Ingredients

100g caster sugar

100g soft margarine

2 eggs

100g self raising flour

1 x 15ml spoon coca powder

1 x 5ml spoon baking powder

½ pear

Method

1. Preheat the oven to 180°C or gas mark 4.
2. Grease and line the baking tin or foil tray.
3. Cream the sugar and margarine together, ideally using an electric hand whisk, until light and fluffy.
4. In a small bowl, beat the eggs with a fork.
5. Add the beaten egg, a little at a time, to the margarine and sugar.
6. Sieve the flour and baking powder into a bowl.
7. Fold the flour and baking powder into the mixture, a spoonful at a time.
8. Core and chop the pear into small pieces. Scatter pieces of pear into the lined cake tin.
9. Spoon half of the plain cake mixture into the tin.
10. Stir-in the cocoa to the remaining cake mixture.
11. Spoon the chocolate mixture into the baking tin and then swirl the two mixtures together to create a marble effect.
12. Place in the oven and bake for 20 minutes, until golden brown and springy to the touch.
13. Remove from the oven and allow to cool.

Mars Bar Slice

Ingredients

120g rice Krispies

2 Mars Bars

100g margarine

1 tbsp. golden syrup

100g chocolate

Method

1. Place margarine, syrup and Mars Bars in a small bowl
2. Microwave for 1 min – or until melted
3. Stir in rice Krispies
4. Pour into foil tray – press flat with a palette knife
5. Melt the 100g of chocolate and pour over Krispies
6. Leave to set
7. Cut into slices

Lemon/Orange Drizzle Cake

Ingredients

100g margarine

100g caster sugar

2 eggs

100g SR flour

1 orange OR

1 lemon

50g sugar - topping

Method

1. Pre-heat oven to Gas 5/190C
2. Place margarine, sugar, eggs and SR flour into a large mixing bowl
3. Add the grated zest of either 1 lemon or 1 orange
4. Using an electric mixer cream together all the ingredients until light and fluffy
5. Place the mixture into a foil tin
6. Bake 25-30 mins until well risen and springy to touch
7. Make the topping by mixing together the sugar and enough fresh juice, then heat until sugar dissolves.
8. Drizzle over the warm cake
9. Leave to set

Swiss Roll

Ingredients

3 eggs

75g caster sugar

75g plain flour

Jam

Caster sugar

Method

1. Preheat oven to 200°C/Gas 6. Line and grease a swiss roll tin.
2. Put the eggs and sugar into a bowl. Whisk until thick – use the ‘Trail Test’ to check.
3. Add the sieved flour, and carefully fold into the mixture using a metal spoon.
4. Pour mixture into swiss roll tin. Spread evenly.
5. Bake for 7–8 minutes until cake is firm and springy in the centre and shrinks slightly away from the side of the tin.
6. Whilst swiss roll is in oven, sprinkle sugar onto a piece of greaseproof paper.
7. Remove swiss roll from tin and turn out onto sugared greaseproof paper.
Carefully remove greaseproof paper.
8. Spread quickly with slightly warmed jam.
9. Make a roll with fingers, drawing the paper away from you over the sponge.
10. Leave to cool resting on the seam.
11. Dredge with caster sugar.

Yule Log

Ingredients

3 eggs

60g plain flour

15g cocoa

75g caster sugar

175g butter or margarine

300g icing sugar

50g cocoa

Christmas decorations

Method

1. Grease and line a swiss roll tin.
2. Whisk sugar and eggs together until the mixture will hold a trail.
3. Sieve in flour and cocoa and fold in gently with a metal spoon.
4. Gently pour and spread mixture into tin.
5. Cook at 190oC for 10-15 minutes until firm to touch.
6. Tip out onto parchment paper dusted with sugar and roll up.
7. Cool completely.
8. Cream together margarine, icing sugar and cocoa.
9. Unroll cake and spread with 1/3 butter cream.
10. Cover roll with remaining butter cream, decorate and dust with icing sugar.

Mince Pies

Ingredients

150g plain flour

1/2 tsp salt

37g margarine

37g lard/white fat

6 tsp cold water (approx.) to mix

1 egg (beaten)

Filling

400g jar mincemeat (or apple pie filling)

1 rounded tbsp icing sugar to dust

Method

1. Preheat oven 200°C/Gas 6.
2. Rub in the fat and flour until it looks like breadcrumbs and is slightly yellow.
3. Add 2 tsp of cold water at a time using a round-bladed knife and mix to a dough.
4. Roll out evenly with short strokes until less than 0.5cm thick.
5. Cut out circles using a large cutter and put in base of bun tin.
6. Gather remaining pastry together and re-roll, cutting out lids for pies with smaller cutter.
7. Put 1 tsp of mincemeat filling into each of the pastry cases.
8. Brush edge of cases with cold water and add the lids.
9. Glaze the lids with beaten egg, using a pastry brush.
10. Bake for 15 minutes until golden brown.
11. Carefully remove to cooling tray with palette knife.
12. Allow to cool and dredge with sieved icing sugar.

Pizza Pin Wheels

Ingredients

Base:

150g self raising flour

25g margarine

1 egg

50ml milk

Topping:

2tbs tomato puree

50g cheese, grated

1 tomato, chopped

3 mushrooms, chopped

1 onion, finely chopped

1tsp dried herbs

Method:

1. Preheat the oven to 200°C/gas 6
2. Line a baking tray with greaseproof paper.
3. Prepare toppings. Chop onion, mushrooms and tomato, grate cheese.
4. Rub margarine into flour until it resembles breadcrumbs.
5. Whisk the egg and milk together then add to the flour, mix to for soft dough.
6. Turn onto a floured surface and roll into a rectangle.
6. Spread with tomato puree and top with tomato, mushrooms and onions.
7. Sprinkle with grated cheese and herbs, roll up from the long edge.
8. Cut into 4cm slices and place on lined baking tray and bake for 10 minutes until golden.
10. Remove from the baking tray and place on a cooling rack.

Focaccia

Ingredients

500g Strong bread flour

½ tsp Salt

100ml Oil plus extra for drizzling and kneading

2 x 7g sachet Dried fast acting yeast

300ml Tepid water

1-2 tbsp Fresh rosemary sprigs

1 tsp Course sea salt

Method:

1. Pre-heat oven to 200°C/gas mark 6
2. Combine flour with the salt; add yeast, chopped rosemary and oil.
3. Using a palette knife add enough of the tepid water to make a soft, slightly sticky dough.
4. Turn onto an oiled work surface and knead until very smooth approx. 10 mins.
5. Return the dough to the bowl, cover and place in the grill compartment of the cooker and leave to rise.
6. Prepare toppings by chopping into bite size pieces.
7. Remove dough from bowl and place in the centre of a well-oiled baking tin, pressing down with your finger tips to give a dimpled appearance.
8. Now add the toppings of your choice.
9. Drizzle with oil, sprinkle with course salt then bake for 20-25 mins. Until golden.

Recipe development:

Red pepper, sundried tomatoes, whole cherry tomatoes, fresh basil, mozzarella, feta, goats cheese, whole garlic cloves, red onion, olives

Treacle Tart

Ingredients

150g plain flour

75g hard margarine

Small amount of flour for rolling

FILLING

5tbsp golden syrup (bring the jar/tin don't measure it out)

4 slices of bread made into fresh breadcrumbs

1 lemon

Method

1. Turn the oven on to 200°C or Gas6.
2. Make pastry by rubbing fat into flour until it looks like breadcrumbs, adding enough cold water to form a firm dough
3. Roll out pastry on a lightly floured surface until large enough to line the flan dish.
4. Line the dish with pastry, pressing carefully into the edges.
5. Grate the lemon zest and squeeze out the juice.
6. Gently warm the syrup, lemon juice and zest in a pan, add breadcrumbs and transfer to your pastry base.
7. Decorate with strips of pastry, or the edge of flan dish.
8. Bake for approximately 25 minutes until the pastry is golden brown.

Halloween Cupcakes

Ingredients

125g/4½oz plain flour
25g/1oz cocoa powder
1½ tsp baking powder
150g/5oz caster sugar
150g/5oz butter
1 free-range egg
8 tbsp milk

For the cream cheese icing:

50g/2oz cream cheese
25g/1oz butter
125g/4oz icing sugar, sifted
½ tsp vanilla essence

For the chocolate icing:

25g/1oz icing sugar
1 tbsp cocoa powder

Method

1. Preheat the oven to 180C/350F/Gas 4. Line a muffin tray with 9 paper cases.
2. Sift the flour, cocoa powder and baking powder into a bowl. Add the sugar and butter and beat the mixture together until well combined.
3. Whisk in the egg and milk until the mixture is thick and smooth.
4. Divide the mixture between the paper case and bake in the oven for 20-25 minutes, or until springy to the touch and skewer inserted into the middle of one of the cakes comes out clean. Set aside to cool on a wire rack.
5. For the cream cheese icing, beat the cream cheese and butter together in a bowl until well combined. Beat in the icing sugar and vanilla.
6. Spoon the icing onto the cupcakes, leaving a small border around the edge.
7. For the chocolate icing, sift the icing sugar and cocoa powder into a bowl. Stir in 2 tablespoons of water to form a smooth, thick icing.
8. Transfer the mixture to a piping bag with a fine nozzle. (Alternatively, spoon the mixture into the corner of a sandwich bag and snip off the corner, to form a small hole.)
9. Carefully pipe 3 concentric circles onto each cupcake. Run a toothpick from the centre to the edge of the cake, through each circle of icing, at 2cm/1in intervals to create a cobweb effect.
10. Set aside for 20 minutes to allow the icing to harden.

Easter Biscuits

Ingredients

200g/8oz softened butter
150g/6oz caster sugar
2 large free-range egg yolk
400g/14oz plain flour, plus extra for flouring
100g/4oz currants or chocolate chips
1 level tsp mixed spice
1 level tsp ground cinnamon
2-4 tbsp milk

Icing:

1-2 tsp lemon juice
250g/9oz icing sugar
2 tbsp cold water
Different coloured food colouring

Method

1. Preheat the oven to 180C/350F/Gas 4. Line baking trays with baking parchment.
2. Measure the butter and sugar into a bowl and beat together until light and fluffy. Beat in the egg yolk. Sieve in the flour and spices, add the chocolate chips and add enough milk to give a fairly soft dough. Bring together, using your hands, to make a soft dough.
3. Roll out to a thickness of about 5mm/¼in. Cut into rounds using a circular cutter or other shaped cutters.
4. Place the biscuit shapes on the prepared baking trays and bake in the preheated oven for 10-15 minutes. Remove from the oven and lift on to a wire rack to cool.
5. To make the icing, pass one teaspoon of lemon juice through a fine sieve, to remove any pips or bits. Mix the icing sugar with the lemon juice, and then add about two tablespoons of water, adding it little by little until you have a relatively stiff but smooth icing. Add a splash more sieved lemon juice if necessary.
6. Divide the icing into separate bowls and mix in food colourings of your choice into the separate bowls of icing, until you achieve the desired shade.
7. Spoon a little icing into a piping bag and pipe your decorations onto the biscuits. For a smooth finish, you can pipe the outline of your design in the firmer icing, then slacken it down a bit by mixing in a little more water, giving the icing more of a runny consistency, and use this to fill in the designs.

Vegetable Samosas

Ingredients

- 1 carrot
- 1 spring onion
- 3 small new potatoes
- 1 large tablespoon of tinned or frozen peas
- 6 sheets of filo pastry
- 1 large tablespoon of curry paste eg tikka masala paste
- 2 tablespoons of vegetable or olive oil

Method

1. Preheat the oven to 180C
2. Chop the carrot and potatoes into approximately 1cm size chunks and boil in water until soft. Add the peas for 1 minute. Then drain and place in a mixing bowl.
3. Snip up the spring onion and add to the bowl.
4. Add your curry paste to the bowl and mix until all ingredients are evenly coated.
5. Lay out one sheet of filo pastry on a clean chopping board. Dab the surface lightly with oil in small areas throughout and then fold in half across the width leaving you with a long, narrow strip.
6. Place one tablespoon of your vegetable mixture near the bottom of the pastry and fold over from the corner to make a triangle shape. Dab the remainder of the strip lightly with oil and continue to fold over your triangle shape, wrapping it in the pastry, until you reach the end.
7. Dab the surface lightly with oil and place on a baking sheet.
8. Repeat with your remaining mixture and pastry sheets.
9. Place in an oven for 20 minutes or until crispy and golden.

Peppermint creams

Ingredients

1 free-range egg white

½ lemon, juice only

1 tsp peppermint flavouring

425g/15 oz icing sugar, plus extra for dusting

175g/6¼oz dark chocolate

Method

1. Whisk the egg white in a bowl until stiff peaks form when the whisk is removed. Slowly whisk in the lemon juice, peppermint and icing sugar to a stiff paste.
2. Tip the peppermint mixture onto a work surface dusted liberally with icing sugar and roll out thinly.
3. Use a 5cm/2in cutter to cut out circles and place them onto a baking tray. Chill in the chiller until the mixture has set.
4. Meanwhile, melt the chocolate in a bowl set over a pan of simmering water. (Do not let the base of the bowl touch the water.)
5. Dip each peppermint cream into the melted chocolate and set aside on a baking tray. Chill the peppermint creams until set.

NB this recipe contains raw egg so may not be suitable for some people

Jammy Dodger Biscuits

Ingredients

250g/9oz plain flour

200g/7oz butter, cut into small cubes

100g/3½oz icing sugar

2 free-range egg yolks

4 tbsp raspberry jam or apricot jam

Method

1. Preheat the oven to 170C/325F/Gas 3.
2. Place the flour, butter, icing sugar and salt into a bowl. Using your fingertips, rub the ingredients together until the mixture resembles breadcrumbs.
3. Add the egg yolks and mix until a dough forms. Turn out onto a lightly floured work surface and roll out to a thickness of about 0.5cm/¼in. Cut out shapes using a 4cm/1½in cutter.
4. Using a 2cm/1in fluted cutter, make a hole in the middle of half of the biscuits and discard the dough. Place all the biscuits on a baking tray.
5. Bake the biscuits for 10-12 minutes, or until light golden-brown and crisp. Remove and transfer to a wire rack to cool.
6. Using a teaspoon, place a small dollop of raspberry jam on a whole biscuit. Place a biscuit (with a hole) over the whole biscuit. Repeat until they are all done.

