

Carrot and Lentil Soup

Method

1. Dice your onion and chop your carrots into rounds.
2. Crush your garlic.
3. Add a tbsp of oil to the pan and sauté your onions and garlic.
4. Add all ingredients except the lentils bring to the boil and simmer for 5 minutes.
5. Add your lentils to the pan stir and simmer for 15minutes.
6. Blend and serve.

Store in the fridge for 5 days or Freeze for 3 months. Reheat until piping hot throughout



Ingredients

- 1 large onion
- 1 stick of celery
- 2 garlic cloves
- 5 large carrots
- 1 tsp cumin
- 1 pinch chilli flakes
- 140g split red lentils
- 1 vegetable stock cube
- 1 litre water

Equipment

- Sharp Knife
- Peeler
- Green Chopping Board
- Blender
- Plate
- Garlic crusher

Summer Medley



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1) Chop all vegetables on a green chopping board in the julienne cut.

2) Crush garlic in a garlic crusher (if using)

3) Add a little oil to the frying pan. Fry onion and garlic for 30 seconds



5) Add vegetables and fry for a further 2-3 minutes.

6) Add seasoning and stir it in

7) Hand up to transfer into container.

Ingredients

1 Carrot
1 Courgette
1 Pepper
1 Onion
1 Garlic Clove

Seasoning

1 tsp Paprika
1 tsp Mixed Herbs
1 tsp Chilli flakes

Equipment

Sharp Knife
Peeler
Green Chopping Board
Plate
Frying pan
Long white mixing spoon
Garlic crusher

Muffins Method



1. Preheat oven to 180°C



2. Weigh the sugar, the flour into a bowl and mix all the remaining ingredients together to form a smooth batter.



3. Grate the apple and add to the mixture.



4. Add mixture to the cases $\frac{3}{4}$ full.



5. Bake for 20 - 25 minutes, until golden.



6. Allow to cool on a cooling rack.

Equipment

- ✓ Mixing Bowl
- ✓ Grater
- ✓ Mixing spoon
- ✓ Cooling rack
- ✓ Plate
- ✓ Measuring jug
- ✓ Muffin tin 1 between 2.

Ingredients

- 125g self-raising flour
- 50g caster sugar
- 100ml semi-skimmed milk
- 1 egg
- 30ml oil
- 1 small apple
- 1 tsp cinnamon
- 1 tbsp oats

BREAD ROLLS METHOD

Ingredients

200g strong white flour
 $\frac{1}{2} \times 5\text{ml}$ spoon salt
15g margarine/butter
1 sachet quick acting yeast (7g)
Gradual warm water
A few poppy/sesame seeds, optional

Equipment

- ✓ Baking tray
- ✓ Tin foil
- ✓ Mixing bowl
- ✓ Palette knife
- ✓ Measuring jug
- ✓ Cooling rack
- ✓ Round bladed knife
- ✓ Flour Dredger

1. Preheat the oven to 200°C or gas mark 6.



2. Weigh all ingredients.



3. Sift the flour into the mixing bowl and add salt.



4. Rub in the margarine.



5. Stir in the yeast.



6. Make a well in the centre of the flour and add warm water gradually.



7. Work into a soft dough with your hand.



8. Turn out onto a lightly floured surface and knead for 5 - 10 minutes.



9. Divide the dough into 8 equal pieces.



10. Brush bread rolls with water and sprinkle with poppy or sesame seeds, if desired.



11. Bake for 10 minutes

ITALIAN CROSTATA METHOD

Equipment

- ✓ Mixing Bowl
- ✓ Plate
- ✓ Round bladed knife
- ✓ Rolling Pin
- ✓ Jug
- ✓ Sieve
- ✓ Cooling rack
- ✓ 1 tablespoon
- ✓ Baking tray

Ingredients

- 150g - plain flour
- 50g - butter
- 15g - jam
- 75g - fruit
- 15g - sugar
- Egg wash - Glaze



1. Rub the butter into the flour until it resembles fine bread crumbs.



2. Stir in 5-7tbsp. cold water with a rounded knife.



3. Work into a soft dough with your hand.



4. Turn out onto a lightly floured surface roll out and cut using a plastic plate for a circle



5. Mix jam and fruit together and place in the centre of the pastry.



6. Fold the pastry borders, glaze with egg and sprinkle with sugar, bake for 20minutes

Method Cornbread

1. Preheat oven to 200°C. Grease and lightly flour deep baking pan. Set aside.



2. Mix the cornmeal, flour, baking powder, and salt together in bowl.



3. In a jug, whisk the melted butter, brown sugar, and honey together until completely smooth and thick.



4. Whisk in the egg until combined. Finally, whisk in the milk.



5. Pour the wet ingredients into the dry ingredients and whisk until combined. Avoid over-mixing.



6. Pour batter into prepared baking pan. Bake for 20 minutes or until golden brown on top and the center is cooked through.



7. Use a toothpick to test. Edges should be crispy at this point.

Ingredients

60g cornmeal
65g plain flour
1 teaspoon **baking powder**
Pinch of **salt**
55g unsalted butter, melted and slightly cooled
35g light **brown sugar**
2 tablespoons **honey**
1 small **egg**, at room temperature
120ml **buttermilk**

Equipment

Baking tin
Mixing bowl
Measuring Jug
Teaspoon
Tablespoon
Whisk
Mixing spoon



Wedges and Barbeque Sauce Method

Ingredients Wedges

1 large baking potatoes
1 tablespoon olive oil

Seasoning

Paprika
Parsley
Chilli Flakes
Salt/Pepper



1. Pre-heat the oven to 200 C / Gas 6.



2. Slice potatoes 2 cm thick, then slice again into wedges.



3. Mix your seasoning with some oil in a bowl.

Ingredients barbeque sauce

- 1 tbsp olive oil
- 1 onion finely chopped
- 400g can chopped tomatoes
- 3 garlic cloves, finely chopped
- 85g brown sugar
- 3 tbsp malt vinegar
- 2 tbsp Worcestershire sauce
- 1 tbsp tomato purée

Equipment

Sharp Knife
Green chopping board
Peeler
Sauce pan
Baking tray
1 tsp
1 mixing spoon
Small bowl
1 tbsp
Garlic crusher



4. Drizzle with the remaining oil and seasoning mixture onto a baking tray and carefully toss the wedges into the mixture.



5. Bake in the preheated oven until the potato is cooked through, about 30 to 40 minutes.



1. Dice the onion and crush the garlic
2. Heat oil in a saucepan and add the onion. Cook over a gentle heat 4-5 mins, until softened.
3. Add remaining ingredients, season and mix.
4. Bring to the boil, then reduce heat and simmer for 20 minutes, until thickened.

Preheat your oven to 200°

Vegetable Empanadas

Ingredients

100g – plain flour
30g – butter
Cold water
Vegetables for filling
Seasoning of your choice

Equipment

- ✓ Baking tray
- ✓ Mixing bowl
- ✓ Measuring jug
- ✓ Teaspoon
- ✓ Tablespoon
- ✓ Butter Knife



1. Dice vegetables and onion. Crush garlic in a garlic crusher



2. Sauté the onion and garlic on a low heat



3. Add vegetables and seasoning.



4. Rub the butter into the flour until it resembles bread crumbs.



5. Stir cold water with a round bladed knife. Add water in using a tablespoon



6. Work into a soft dough with your hand.



7. Turn out onto a lightly floured surface roll out.



8. Using a pastry cutter, cut circles for your empanadas



9. Fill each circle with a heaped teaspoon of filling. Fold one side over the other pinching the edge to seal.

Cook for 15 mins

Short Bread Christmas Trees

Ingredients

60g Margarine
30g Caster Sugar
85g Plain Flour
Icing
2 tbsp – butter
5 tbsp icing sugar
½ tsp green colouring
sprinkles

Equipment

- ✓ Baking Tray
- ✓ Silicone mat
- ✓ Mixing Bowl
- ✓ Butter Knife
- ✓ Rolling pin
- ✓ Fork
- ✓ Cutter
- ✓ Palette knife
- ✓ Piping bag



1. Preheat oven 180C, line baking tray with foil.



2. Weigh the flour into the large mixing bowl



3. Stir the sugar into the flour mixture using butter knife.



4. Rub the butter into the flour using your finger tips.



5. Gather the dough into a ball.



6. Roll out on lightly floured surface.



7. Cut out shapes and place on baking tray bake for 10 minutes.



8. Leave to cool for 5 minutes remove with palette knife.

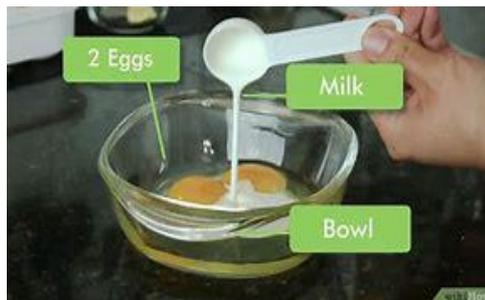
9. Mix the icing sugar, butter and colouring together in a bowl. Using the Piping Tool, Pipe icing onto each of your biscuits and then stack them largest to smallest. Three biscuits per a tree.
10. Then decorate your trees using the sprinkles.



Scrambled Eggs Step by step



1. Crack the two eggs into a bowl (Tip remove shell with a large piece of shell)



2. Add a tbsp of milk and season your eggs whisk using a fork or a small whisk.



3. Add a cube of butter to the frying pan and turn the pan on a medium heat.



4. Once the butter is melted and bubbling add the egg mixture to the pan.

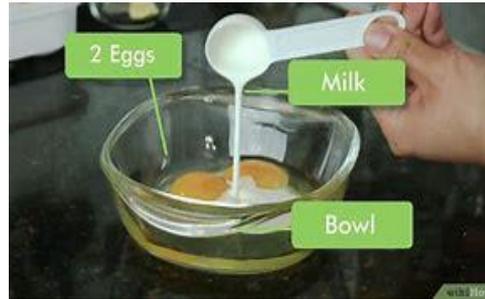


5. Stir continuously until the egg is cooked 3-4minutes(not watery).



6. Serve and garnish.

Omelette Step by step



1. Crack the two eggs into a bowl (Tip remove shell with a large piece of shell)

2. Add a tbsp of milk and season your eggs whisk using a fork or a small whisk.

3. Add a cube of butter to the frying pan and turn the pan on a medium heat.



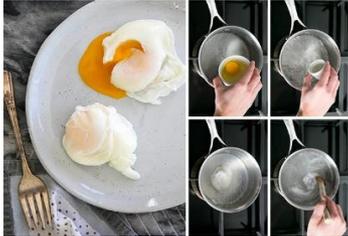
4. Once the butter is melted and bubbling add the egg mixture to the pan.

5. Allow to cook spreading the runny egg out once all liquid cooked lift the edges with a spatula and add your fillings to one side.



6. Fold using a spatula and serve.

Cooking Eggs Step by Step

<p>Boiled</p>	<p>Fill a small saucepan three-quarters full with water and bring to a boil. Using a spoon, gently slide in the egg and set your timer.</p> <p>For a soft-boiled egg with set whites and a liquid yolk set for six minutes.</p> <p>For a perfectly hard-boiled egg with a slightly soft centre set for nine minutes.</p> <p>For a completely cooked through yolk set for ten minutes. When the timer goes off, remove the egg to an ice water bath for one minute to stop the cooking.</p>	
<p>Poached</p>	<p>Fill a small saucepan three-quarters full with water and bring to a boil, then reduce to a gentle simmer.</p> <p>Gently slide the cracked egg into the pan. Adjust the heat as needed to maintain a gentle simmer.</p> <p>Let the egg cook at a low simmer until it has reached desired doneness. For us, that means around 2:30 for just-set whites and completely liquid yolks, or around 3:30 for runny yolks with a little more structure.</p>	
<p>Fried</p>	<p>Heat olive oil in a small, non-stick pan over medium heat.</p> <p>Crack the egg directly into the pan.</p> <p>Continue cooking the egg over medium heat for about three minutes, or until the white is set and slightly crispy around the edges, but the yolk is still quite runny.</p>	