

### Fruity Flapjack

75g dried apricots or sultanas (optional)  
150g oats  
50g sugar  
50g butter or margarine  
2 x 15ml spoons golden syrup

Container with a lid to take home in

1. Preheat the oven to 180°C or gas mark 4.
2. Chop the apricots into small pieces
3. Place the fat, sugar and syrup into a saucepan and gently heat until the fat has melted.
4. Stir in the oats and apricots.
5. Pour the mixture into a non-stick (or lined) baking tray.
6. Pat down the mixture in the baking tin.
7. Bake for 15 - 20 minutes, until lightly browned.
8. Remove from the oven and cut into 'bars' in the baking tin while hot.



### Carrot Cakes

150g butter or margarine  
250g carrots  
200g sugar  
200g flour  
2 x 5ml cinnamon (school)  
2 x 5ml baking powder (school)  
2 large eggs  
125g sultanas  
12 cupcake cases

Container with a lid to take home in

1. Preheat oven to 200° C or gas mark 6.
2. Melt the fat in a small saucepan.
3. Top and tail, and then peel and grate the carrots.
4. Combine the carrots, sugar and melted fat 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
8. Mix all the ingredients together
9. Divide the mixture equally between the muffin cases using 2 spoons.
10. Bake for 20 minutes, until golden.

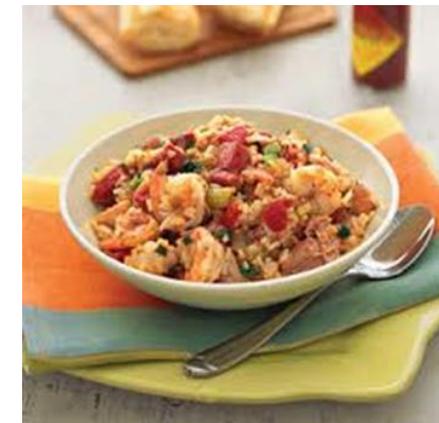


### Chicken Jambalya

1 chicken breasts or 100g Quorn  
1 cloves garlic  
75g long grain rice  
1 pepper  
1 onion  
1 tbsp. oil (school)  
1 tsp dried thyme (school)  
1 tsp paprika (school)  
1 chicken stock cube  
200g can chopped tomatoes  
300ml Water

Container to take home in

Cut chicken into cubes on red chopping board  
Dice onion finely  
Peel, slice and crush garlic  
De-seed and slice pepper  
Add 1 tbsp. of oil to pan. Fry chicken/ Quorn for 5 minutes  
Add peppers, onions & garlic, fry for 5 minutes  
Add 300ml water, stock cube, rice and tomatoes  
Add thyme & paprika Bring to boil  
Reduce heat, simmer for 20 minut



### Bread Rolls

250g strong plain flour  
½ tsp salt \*  
1 sachet easy blend dried yeast  
1 tbsp oil \*  
150 ml warm water

#### Sealed container to take home in

1. Preheat the oven, 210°C, Gas 7
2. Sieve flour & salt into mixing bowl. Stir in yeast
3. Make well in center, pour in warm water & oil
4. Knead for 10 minutes until smooth
5. Cut into 8 equal pieces & shape
6. Place on baking tray, leave to prove for 15 minutes
7. Bake near the top of the oven for 10 minutes
8. To test: Tap the base, if they sound hollow they are cooked



### Savory Pinwheels

250g strong plain flour  
½ tsp salt \*  
1 sachet easy blend dried yeast  
1 tbsp oil \*  
150 ml warm water  
75g grated cheese  
2tbs tomato puree

#### Sealed container to take home in

1. Preheat the oven, 210°C, Gas 7
2. Sieve flour & salt into mixing bowl. Stir in yeast
3. Make well in centre, pour in warm water & oil
4. Knead for 10 minutes until smooth
5. Roll out dough approximately A4 in size
6. Spread with tomato puree and grated cheese
7. Roll up tightly, cut into 10 slices
8. Bake for 10 minutes



### Focaccia Bread Picture

250g strong plain flour,  
150ml warm water  
1 sachet yeast  
1 tsp salt (school)  
2 tbsp olive oil  
vegetables and herbs to decorate– try to use ingredients you already have in the fridge.

#### Container with lid to take home in

1. Turn oven on 200C/ Gas 8
2. Sieve the flour into mixing bowl.
3. Add yeast & fine salt mix
4. Add 1 tbsp oil & 150ml warm water, mix
5. Knead dough for 5 mins
6. Press dough . Mix 1 tbsp olive oil & 1 tbsp water drizzle over bread.
7. Prepare vegetables
8. Arrange vegetables
9. Bake for 20 minutes



### Macaroni cheese

300g macaroni or any pasta shape  
25g butter  
25g plain flour  
300ml milk  
125g grated cheese

**Oven proof dish & sealed container to take home in**

1. Turn on oven 200C Gas 6
2. Half fill sauce pan with water
3. Add pasta
4. Bring to the boil, then cook for 12 minutes
5. In a small saucepan place milk, flour and butter
6. Put onto a medium heat, stir constantly until sauce boils
7. Remove sauce from heat
8. Add  $\frac{3}{4}$  cheese
9. Drain pasta, add to sauce
10. Place in dish, top with  $\frac{1}{4}$  cheese, bake 15 minutes



### Potato, Leek and sweetcorn Chowder

1 large onion  
1 leek  
2 medium potatoes  
200 g frozen or tinned sweetcorn  
2 tbsp plain flour  
400 ml milk  
1 vegetable stock cube  
300 ml water  
1 tbs oil (school)

**Container with lid to take**

Remove dark green & outer layer of leek. Dice  
Peel & dice onion  
Peel & dice potatoes  
fry in oil onion & leek for 3 minutes  
Remove from heat, add flour  
Add milk at little at a time  
Add stock cube and water  
Add potatoes & sweetcorn  
Return to the heat and cook for 20 minutes



### Lasagne

#### Meat Sauce

1 Onion  
250g Mince/ Quorn  
1 small (227g) tin tomatoes  
1 tbs tomato puree

Foil dish to make the lasagne in will be provided by school

**Container with lid to take home in**

1. Preheat the oven, 210°C, Gas 7
2. Sieve flour & salt into mixing bowl. Stir in yeast
3. Make well in center, pour in warm water & oil
4. Knead for 10 minutes until smooth
5. Cut into 8 equal pieces & shape
6. Place on baking tray, leave to prove for 15 minutes
7. Bake near the top of the oven for 10 minutes
8. To test: Tap the base, if they sound hollow they are cooked



### Savoury Scones- ASSESSED practical

200g Self raising white flour  
200g Self raising wholemeal flour  
25g Margarine  
125ml Milk  
+ 3 savoury ingredients of your choice

**Container with a lid to take home in**

1. pre-heat oven 200C Gas6
2. Rub margarine into flour until you get breadcrumbs
3. Prepare your additional savoury ingredients
4. Add ingredients into breadcrumb mix
5. Slowly add the milk
6. Knead for 20 seconds
7. Pat out
8. Cut out shapes
9. Place on baking tray and bake for 15 minutes



**Dutch Apple Cake** 1 x 5ml spoon baking powder (school)  
100g caster sugar 1 eating apple  
100g butter or 1 x 5ml spoon cinnamon (school)  
soft butter or margarine 1 x 5ml spoon Demerara sugar (school)  
2 eggs **Foil tray will be provided by school**  
100g self raising flour **Container with a lid to take home in**

1. Preheat the oven to 180°C or gas mark 4. Grease foil tray
2. Cream the sugar and fat together
3. In a small bowl, beat the eggs with a fork.
4. Add the beaten egg, a little at a time, to the fat and sugar.
5. Sift the flour and baking powder into a bowl. Fold into mixture
6. Spread the mixture in the cake tin.
7. Core the apple and slice thinly. Arrange the apple slices over the cake mix, then sprinkle the cinnamon and sugar
8. Place in the oven and bake for around 20 minutes,



### Cheese and onion pasties

Ready rolled puff pastry (320g)  
150g grated cheese  
1 onion

**Container with lid to take home in**

1. Turn oven onto 200C/ Gas6
2. Unroll pastry onto chopping board.
3. Cut pastry into 4
4. Dice onion. Mix with cheese in small bowl.
5. Place a spoonful of mixture onto each square.
6. Brush edges with water
7. Fold pasties over. Use fork to press down the edges
8. Pierce with a knife the top of each pasty
9. Place onto a baking tray
10. Bake for 20 minutes



### Open Mincepies / Jam tarts

110g soft butter or margarine

175g plain flour

50g caster sugar

140g mincemeat or jam (1/2 jar)

Container with a lid to take home in

1. Turn on oven to 200C or Gas6. To make the pastry, place the sugar & flour into mixing bowl. Add the butter rub in
2. Combine the pastry into a ball – **don't add liquid** – and knead it briefly. The dough will be fairly firm, like shortbread dough. You can use the dough immediately, or chill for later.
3. **Divide mixture into 12 equal sized pieces.** Line 12 holes of the bun tin, by pressing small balls of pastry into each hole.
4. Spoon the mincemeat into the pies.
5. **Bake for 20 mins until golden.** Leave to cool in the tin for 5 mins, then remove to a [wire rack](#). *Will keep frozen for up to one month.*



### Pineapple upside down cake

4 pineapple rings

4 glace cherries

25g soft brown sugar

25g soft margarine

**For the cake mixture**

50g caster sugar

50g soft margarine

1 egg

50g self raising flour

**Foil dish provided by school\***

Container with a lid to take home in

1. Spread 25g margarine over tin base. Sprinkle with brown sugar.
2. Drain pineapple place 4 rings in base of tin, place a ½ glace cherry in the centre.
3. Sieve flour into mixing bowl, add caster sugar and margarine.
4. Beat egg in a small bowl, add to flour mixture. Beat for 5 minutes.
5. Spread on top of the pineapple.
6. Bake 20-25 mins 180C Gas 4

