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# Let's get COOKing



Name:.....

Tutor Group:.....

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| <u>Dish</u>                          | <u>Date</u>   |
|--------------------------------------|---------------|
| Scones                               | 22.1.25 (NAP) |
| Spaghetti Bolognese                  | 29.1.25 (DAA) |
| Brownies (Blondies with raspberries) | 5.2.25 (NAP)  |
| Thai Chicken Curry with Rice         | 12.2.25 (DAA) |
| <b>half term</b>                     |               |
| Chunky Chocolate and Banana Muffins  | 26.2.25 (NAP) |
| Make your own pasta                  | 5.3.25 (DAA)  |
| Loaded sweet potato fries            | 12.3.25 (NAP) |
| chicken fajitas                      | 19.3.25 (DAA) |
| soup                                 | 26.3.25 (NAP) |

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**Scones**

## Ingredients 225g/8oz

self raising flour pinch of salt

55g butter

25g caster sugar

150ml milk

1 free-range egg, beaten, to glaze (alternatively use a little milk)

1. Heat the oven to 220C/200C Fan/Gas 7 and lightly grease a baking tray.
2. Mix together the flour and salt. Rub in the butter then stir in the sugar. Add most of the milk and mix to form a soft and slightly sticky dough. If the dough is a little dry add more of the milk until you have the correct consistency.
3. Turn out onto a floured work surface and knead very lightly. Pat out into a round about 2cm/¾in thick. Use a 5cm/2in cutter to stamp out rounds and place on the baking tray. Lightly knead together the remaining dough and stamp out more scones to use it all up.
4. Brush the tops of the scones with beaten egg. Bake for 12–15 minutes, or until well risen and golden-brown.
5. Cool on a wire rack. Serve with butter and good jam and maybe some clotted cream.

# Spaghetti Bolognese

## **Ingredients**

75g Spaghetti (per person)  
½ Medium size Onion  
2 Cloves Garlic  
½ Small Carrot  
1 stick of celery (optional)  
250g Beef Mince  
1 Beef Stock Cube  
1 Tin of Chopped Tomatoes  
1 tbsp of tomato puree or ketchup  
1 tbsp of balsamic vinegar (optional)  
1 tbsp Dried Oregano  
Salt and Pepper

## **Method**

1. Wash hands and gather equipment.
2. Fill a **large saucepan** with water, add a little salt and bring to the boil with the **lid** on.
3. Using a **sharp knife** and a **chopping board**, chop the onion and garlic finely. Peel and chop the celery/carrot into very small cubes.
4. Fry the onions in a **saucepan** with a little oil. Do not colour the onions. Once onions have been sweating for 5 minutes add the garlic, celery and carrots and continue to cook on a low heat so as to avoid browning the onions.
5. Add the mince and season. Cook for 5-10 minutes until browned.
6. Crumble the beef stock cube into the pan. Add the puree and the tomatoes to the pan with the juice. Stir regularly with a **wooden spoon**.
7. Bring the pan to the boil and then adjust to simmer.
8. Add pasta to the pan of boiling water and cook for 10 minutes.
9. When the pasta is cooked and 'al dente', drain using a **colander** and dish up on a plate.
10. Add the herbs to the Bolognese and adjust seasoning to taste (S+P).
11. Dish up the Bolognese on top of the pasta and serve.

Serves 4

Serving suggestion: Sprinkle some grated parmesan cheese on the top and garnish with a basil leaf.

## **Brownies (Blondies with raspberries)**

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125g (4oz) plain flour  
½ tsp baking powder

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125g (4oz) softened unsalted butter  
125g (4oz) brown sugar  
50g (2oz) caster sugar  
1 egg  
1tsp vanilla extract  
100g (3½oz) white chocolate, chopped  
100g (3½oz) raspberries  
50g flaked almonds

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1. Preheat the oven to gas 3, 170°C, fan 150°C. Grease and line a 16 x 21cm (6 1/2 x 8 1/2in) square tin. In a bowl, combine the flour, a pinch of salt and the baking powder.
  2. In a large bowl, use an electric hand mixer to cream the butter and sugars until light and fluffy. Add the egg and vanilla and beat again until the mixture is smooth.
  3. Add the flour mixture and beat for another minute. Stir in the white chocolate and raspberries (do this gently so the berries don't break up). Spread the dough into the prepared tin, sprinkle with the almonds (if using) and bake for 40 minutes. Leave to cool completely in the tin. Cover tightly with foil until you're ready to cut into slices.
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**Thai Chicken Curry with Rice**

## Ingredients

1 large Chicken breast  
4 Spring Onions  
½ Red Pepper  
4cm of Ginger root  
2 cloves of garlic  
1 small Chilli  
½ Lime  
½ tin of Coconut milk  
2 tbsp of Coriander leaf  
1 tsbp of fish sauce (if you have some at home- optional)

100g basmati rice (50g per person)

## Method

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Using a **sharp knife** and a **chopping board**, remove the skin of the ginger by chopping away in thin slices until only the core remains. **Grate** or fine dice the ginger depending on your ability.

Chop off the dark green ends of the spring onion and then cut on a diagonal length of about 4-5 cm. Julienne the pepper and finely chop the garlic and chilli. Cut the lime in half and then place ingredients on a **plate** ready for cooking.

Remove the lid of the coconut milk with a **tin opener** and set to one side.

Lastly, slice the chicken into 1cm thick strips and leave on the board.

Before cooking the curry (which is very quick), add the rice to a **medium size saucepan**. Add a small amount of salt (1 tsp) and then add cold water to the rice. You will need to place your index finger above the rice and add water until it is high enough to reach the first bend in your finger.

Place rice onto a boil. As soon as it is boiling, reduce to a simmer and allow the rice to soak up the liquid. Keep the lid on and do not stir. After approx 15 minutes the rice will have gone dry and fluffy. It must be kept at the lowest possible temperature, or it will burn to the base of the pan.

Once the rice is simmering, heat a **wok pan** (high temp) and add 2 tbsp of veg or sunflower oil. Add the chicken and brown off. Stirring only occasionally with a **wooden spoon**, remove the chicken when it has browned and place on a **clean plate** or in a **small bowl**.

Add the spring onion, chilli, garlic, ginger and peppers to the pan. Cook for 2-3 minutes stirring regularly to avoid burning. Add the lime juice to the pan and then add in the coconut milk.

Once the milk has begun to simmer, add the chicken back in and then simmer for approx 10 minutes.

Remove the rice from the saucepan- do not wash it with hot water, it is supposed to be a little sticky and fluffy.

Add the coriander to the curry and fish sauce(if you have it). Taste and season and dish up.

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# Chunky Chocolate and Banana Muffins

## Ingredients

90ml Semi-skimmed Milk

2 eggs

150g butter

225g Plain flour

Pinch of salt

1 tsp of baking powder

150g caster sugar

150g plain chocolate

2 small bananas

12 muffin cases

## Method

1. Preheat the oven to 200 degrees or Gas mark 6.
2. Line a **muffin tin** with 12 cases and place to one side.
3. Using a **sharp knife** and a **chopping board**, cut the chocolate and banana into small chunks.
4. Place the butter into a **large mixing bowl** and place into the microwave to melt. Add milk and eggs and **whisk** until combined.
5. **Sieve** the flour, salt and baking powder onto the egg and milk mixture.
6. Add sugar on top and then chunky pieces of chocolate and banana.
7. Slowly stir in the mixture with a **metal serving spoon** until combined.
8. Spoon into the cases and then bake in the oven for 20 minutes until golden brown.
9. Remove and place on a cooling rack.
10. Either wait and serve cool, or serve immediately with a spoonful of ice cream.

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Serves 12

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## Broccoli and Cheddar/Stilton Soup

### Ingredients

|                                  |                        |
|----------------------------------|------------------------|
| Broccoli                         | 1/2 medium sized bunch |
| Onion                            | 1                      |
| Garlic                           | 2 cloves               |
| Veg Stock cube                   | 1                      |
| Water                            | 800 ml                 |
| S + P                            | Pinch                  |
| Mature Cheddar cheese or Stilton | 100g                   |
| Butter                           | 25g                    |
| Double cream                     | 50ml (2 tbsp)          |
|                                  |                        |
| Bread                            | 2 slices               |
| Butter                           | 25 g                   |
| Parsley                          | 2 tbsp                 |

### Method

1. Using a **sharp knife** and a **chopping board**, **dice** the garlic and onions finely. Chop the stalk of the broccoli into small cubes. Keep the individual florets separate.
2. Using a **bread knife**, cut the bread into small squares (approx 1cm).
3. Melt butter in a **large saucepan**, add in the onions, garlic and the cubes stalk of the broccoli and sweat over a light heat- do not cook on a high heat as the veg will colour and burn and will affect the flavour of the soup. Cook for 10 minutes. Season.
4. Add in stock cube, **measuring jug** of water, and broccoli florets and bring to the boil.
5. Simmer for 10 minutes, and then liquidize using the **hand-held blender** until smooth.
6. Add cheese and cream and stir in till fully melted.
7. In a **frying pan**, melt the second amount of butter and then add bread crumbs. Fry till brown, season and add herbs. Turn occasionally with a **wooden spoon**.
8. Taste and adjust seasoning.
9. Serve with a sprinkle of croutons on top.

Serves approx 4 portions (200ml per portion)



## *Make your own pasta (with pre-made sauce)*

### *Ingredients*

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- 3 large free-range eggs
  - 300 g Tipo '00' flour
  - one jar of pasta sauce
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- Place ½ pan water onto boil
  - Place the flour on a board or in a bowl. Make a well in the centre and crack the eggs into it. Beat the eggs with a fork until smooth.
  - Using the tips of your fingers, mix the eggs with the flour, incorporating a little at a time, until everything is combined.
  - Knead the pieces of dough together – with a bit of work and some love and attention they'll all bind together to give you one big, smooth lump of dough!
  - Dust your work surface with some Tipo '00' flour, take a lump of pasta dough the size of a large orange and press it out flat with your fingertips. Roll the pasta as **thin** as possible
  - Hang it on the pasta rack.
  - Boil it in your water for 5-10 mins or until al dente. Mix in your ready made sauce
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### **For the fries**

2 tbsp cornflour

¼ tsp fine sea salt

3 tsp smoked paprika

400g sweet potatoes, scrubbed and cut lengthways into 1cm/½in thick slices or wedges

3 tbsp vegetable oil

### **For the top - Choose what you like or any combination of the following**

Precooked pulled pork/chicken/duck/jackfruit

4 tbsp mayonnaise

2 garlic cloves, finely grated or crushed

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1 tbsp sweet chilli sauce

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60g/2¼oz extra-mature Cheddar, grated

2 spring onions, thinly sliced

1 tbsp roughly chopped fresh coriander

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### **Method**

1. Preheat the oven to 220C/200C Fan/Gas 7. Line two large baking trays with baking paper.

2. Mix the cornflour, salt and 2 teaspoons of the smoked paprika together in a large bowl. Add the sweet potatoes and mix well to coat. Add 2 tablespoons of the oil and massage in so each piece is well coated. Divide between the baking trays and cook for 20–25 minutes, or until golden and crisp. .

3. Slice spring onions and coriander/grate cheddar

6. Place the fries in your plastic container and top with the grated cheese and choice of topping and serve/eat

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## **Chicken Fajitas**

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- 2 large chicken breasts, 1 red onion, 1 red pepper, 1 red chilli
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### For the “marinade”

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- 1 heaped tbsp smoked paprika, 1 tbsp ground coriander, pinch of ground cumin, 2 medium garlic cloves, 4 tbsp olive oil, 1 lime, juiced, 4-5 drops Tabasco
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### To serve

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- 6 medium tortillas
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## **Method**

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- Heat oven to 200C/180C fan/gas 6 and wrap 6 medium tortillas in foil.
- Finely slice your chicken, pepper, onions and chilli. Fine dice your garlic
- Mix 1 heaped tbsp smoked paprika, 1 tbsp ground coriander, a pinch of ground cumin, 2 crushed garlic cloves, 4 tbsp olive oil, the juice of 1 lime and 4-5 drops Tabasco together in a bowl with a big pinch each of salt and pepper.
- Stir 2 finely sliced chicken breasts, 1 finely sliced red onion, 1 sliced red pepper and 1 finely sliced red chilli, if using, into the marinade.
- Heat a griddle/frying pan until smoking hot and add the chicken and marinade to the pan.
- Keep everything moving over a high heat for about 5 mins using tongs until you get a nice charred effect. If your griddle pan is small you may need to do this in two batches.
- To check the chicken is cooked, find the thickest part and tear in half – if any part is still raw cook until done.

- wrap the cooked mixture in the fajitas and serve. You may have to do this at home

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