

Banana & Vanilla Smoothie

Ingredients

(between 2)

250ml semi skimmed milk

1 banana

1 scoop vanilla ice-cream

Vanilla essence

Equipment

2 glasses

measuring jug

small bowl

spoon

Method

Make sure that the dispensing tap lever is in the off position and that you know where the MIX and SMOOTH buttons are on the power unit.

1. Place the bananas, vanilla essence and milk into the goblet.
2. Add the ice-cream.
3. Switch to MIX for 10 seconds and then to SMOOTH for a further 10 seconds.
4. Divide into two glasses and serve immediately.

To Clean the Smoothie Maker

1. Switch off, unplug and dismantle before cleaning.
2. **Never** allow the power unit, cord or plug to get wet.
3. Empty out any liquid that may be left in the goblet
4. **Allow your teacher to remove the blade unit for you.**

5. Wash the goblet thoroughly and dry.

Beans on Toast

Ingredients (between 2)

2 slices wholemeal bread
Small tins baked beans
Knob of butter

Equipment

small saucepan
wooden spoon
serving plate
table knife
fork

Method

1. Preheat the grill and place beans in a small saucepan.
2. Heat the beans slowly stirring occasionally to make sure they are hot right through.
3. Meanwhile place the bread under the hot grill and toast, turn over and toast other side.
4. Place toast on your plate and butter it.
5. Divide beans on top of each slice of toast and eat while hot.

You can use a toaster for your bread and you could heat the beans in the microwave - this would take less time!



Cheats Chicken Curry

Serves 2

Cooking time: Approximately 10 minutes

Ingredients

200g chicken cut into strips
1tsp oil for frying
 $\frac{1}{2}$ can chopped tomatoes
1 tablespoon medium curry paste
 $\frac{1}{2}$ cup rice

Equipment

chopping board
frying pan
vegetable knife
colander
teaspoon
wooden spoon
2 foil containers
medium saucepan
tablespoon

To Serve

Boiled rice

Method

1. Fry strips of chicken until browned and cooked through.
2. Add chopped tomatoes and curry paste.
3. Bring to the boil and simmer.
4. Cook rice for 10 minutes in boiling water from the kettle.
5. Divide chicken mixture into foil trays with the boiled rice.

CHEESE AND HAM TOASTIE

Ingredients

4 slices of bread
Butter
2 slices of cooked ham
100g grated cheese
serving plate

To Garnish:

Lettuce and Tomato

Method

- 1 Pre-heat the sandwich toaster
- 2 Butter the **outside** of the four slices of bread

Equipment

sandwich toaster
table knife
chopping board



- 3 Chop ham into small pieces and mix with the grated cheese
- 4 Place the ham and cheese on two slices of bread. Place the
Other two slices on top
- 5 Place the sandwiches into the sandwich toaster and **butter
side up**
- 6 Prepare salad – Wash lettuce and slice tomato
- 7 Collect a glass of orange juice
- 8 Set the table – knife, fork, plate and glass of juice
- 9 Once the sandwich is ready place on a plate and garnish with
salad
- 10 Eat and enjoy!
- 11 Wash dishes and clean up. Clean the sandwich toaster

CHOCOLATE APPLES



Ingredients

(Between two)

2 apples
100g cooking chocolate
candy strands to decorate

Equipment

medium saucepan
bowl
2 lollypop sticks
tin foil
wooden spoon

Method

- 1 Fill kettles and put on to boil
- 2 Wash and dry the apples, removing any stalk
- 3 Push lollypop stick well into the bottom of the apple
- 4 Put boiling water from the kettle into the saucepan and place bowl with chocolate on top of the saucepan to melt
- 5 Stir gently with a wooden spoon until chocolate has melted
- 6 Remove the bowl carefully from over the saucepan
- 7 Holding the apple by the stick, dip one at a time into the chocolate until it is fully coated. Allow any extra chocolate to drip off and then dip in candy strands
- 8 Place coated apple onto foil and allow to dry

Cornflakes Muffins

Ingredients (Makes 12 muffins)

250g self-raising flour
1-teaspoon baking powder
100g caster sugar
Pinch of salt
160ml milk
100g melted butter
2 eggs (beaten)
50g coarsely crushed cornflakes

Equipment

Baking bowl
Sieve
Teaspoon
Measuring jug
1 small bowls
Muffin cases
Muffin tin
plastic bag
Spatula
Pot rest

Method

1. Sieve the flour, baking powder, salt and caster sugar into the baking bowl.
2. Crush the cornflakes in a plastic bag and stir in to the flour mixture.
3. Melt the butter using the microwave and add to the bowl together with the milk and beaten eggs.
4. Spoon the mixture into the muffin cases filling them to 2/3 full.
5. Bake for about 15 minutes at 180° C until well risen and firm to the touch.

Crispy Topped Cod

Ingredients (serves one)

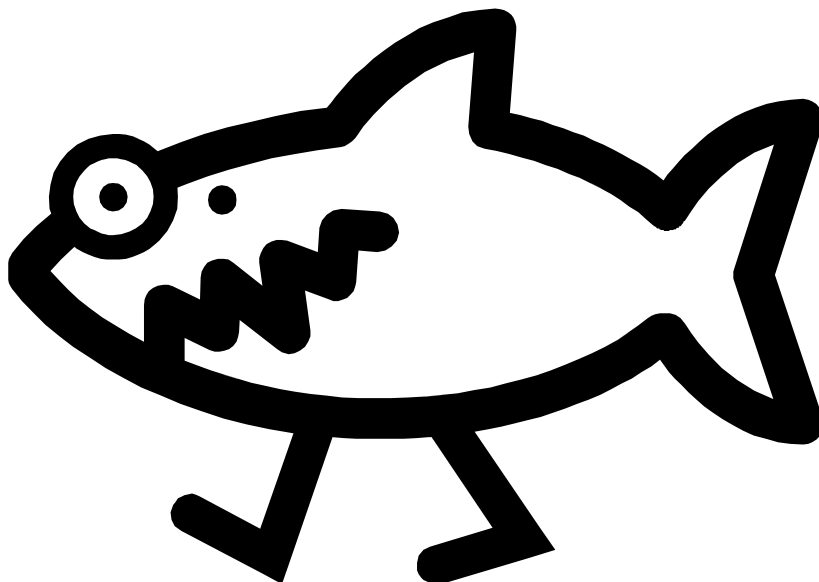
1 cod portion
 $\frac{1}{4}$ can of condensed mushroom soup
 $\frac{1}{2}$ packet crisps (crushed)
Handful grated cheese
 $\frac{1}{2}$ carrot (cut in batons)
A few green beans

Equipment

vegetable knife
chopping board
foil tray
medium saucepan
baking tray
pot stand

Method

1. Pre-heat oven to 200° C.
2. Place cod portion in foil tray
3. Pour the soup over the cod and top with crushed crisps and cheese.
4. Place foil tray on baking tray and cook for 20 minutes or until golden.
5. Meanwhile prepare the carrots and green beans and simmer for approx. 10 minutes.
6. Serve with the cooked fish.



Easter Nests with Mini Egg

Ingredients(between two)

100g chocolate
3 shredded wheat biscuits (crushed)
Eggs to decorate

Equipment

Large saucepan
Baking bowl
Wooden spoon
Teaspoon
Pot stand
Bun tin
Paper bun cases
Oven gloves

Method

1. Put paper cases into bun tin.
2. Melt chocolate in bowl over a saucepan of boiling water .
3. Bring the bowl of melted chocolate to the table and place on the pot stand using the oven gloves. Stir in the crushed Shredded Wheat biscuits.
4. Put a spoonful of mixture into each bun case and decorate with a chocolate egg.
5. Leave to set.

Fresh Fruit Salad

Ingredients(*Serves 2*)

$\frac{1}{2}$ apple
 $\frac{1}{2}$ banana
1 kiwi
grapes
125ml fruit juice

Equipment

large bowl
serving dish
vegetable knife
measuring jug

Method

1. Measure fruit juice and pour into a large bowl.
2. Prepare fruit as necessary

Apple.....wash, cut into quarters, remove core and cut into thin slices

Banana.....Peel and cut into wedges.

Kiwi fruit.....Peel and cut into slices.

Grapes.....Wash and cut in half.

3. Put prepared fruit immediately into juice.

Fruit Crisp

Ingredients

$\frac{1}{2}$ can peaches
75g self raising flour
50g margarine
50g Demerara sugar
25g coconut

Equipment

Sieve
table knife
baking bowl
pot stand
2 foil containers
Small bowl to collect sugar
Baking tray for placing
Foil containers in the oven

Method

1. Sieve flour, rub in the margarine and add sugar and coconut.
2. Drain the fruit but keep some of the juice and divide it into the foil containers
3. Sprinkle the crumble mixture over the fruit
4. Bake at 190° C for 20 minutes.

Fruit, Yoghurt and Muesli Crunch

Ingredients (serves 1)

$\frac{1}{2}$ an apple, banana or pears
Spoonful yoghurt
30g muesli

Equipment

cereal bowl
dessert spoon
colander

Method

1. Place muesli in the serving bowl.
2. Wash and dry fruit if necessary using the colander to run it under the cold tap.
3. Add the fruit to the bowl and top with the dessert spoonful of yoghurt.

JACKET POTATOES

Method

- 1 Wash and dry the potatoes and carefully prick each one with a fork.
- 2 Arrange the potatoes in a circle on kitchen paper in the microwave oven.
- 3 Set the time for 6 minutes. Close the door And press the "start" button.
- 4 Now prepare the filling
- 5 When the 6 minutes are up, turn each potato over and cook for another 6 minutes.
- 6 Remove from the oven and leave to "stand" for 5 minutes.
- 7 Cut each to about half way down and fill with your choice of filling

Quick and Easy Pasta Bake

Serves 2

Ingredients

120g-pasta shapes
2 slices ham cut into strips
Small tin of Condensed
Cream of Chicken Soup
100ml milk
Tablespoon of peas
Tablespoon of sweetcorn
Handful grated cheese

Equipment

Large saucepan
Small bowl
Wooden spoon
2 Foil Containers
Measuring jug
Knife
Tablespoon
chopping board

Method

1. Preheat oven to 200°C
2. Cook the pasta in boiling water from the kettle for 10 minutes. Drain well and return to saucepan.
3. Slice ham into strips.
4. In a small bowl mix soup and milk.
5. Add the sweetcorn, peas and ham to the pasta.
6. Add the soup and milk mixture. Mix thoroughly.
7. Divide the mixture into the foil containers and sprinkle with cheese. Bake for 20 minutes until golden and bubbling.
8. Serve with fresh vegetables or salad and crusty bread.

Shortbread Biscuits

Ingredients

150g plain flour
100g butter or margarine
50g castor sugar

Equipment

baking bowl
table knife
flour dredger
Pastry cutter
Baking tray
Cooling rack
Rolling pin
Pot rest
Palette knife

Method

1. Heat the oven to Gas mark 3/ 170° C. Grease a baking tray.
2. Put the flour into a bowl, rub in the margarine, and stir in the sugar.
3. Squeeze together firmly with your fingers until the mixture forms a dough. Do not add any liquid.
4. Roll out to about 1cm thick. Cut into circles with a medium sized cutter, or cut into fingers.
5. Carefully place on a baking tray. Bake for about 15-20 minutes until pale golden brown. The biscuits will not be crisp until cool.
6. Lift onto a wire cooling rack using the palette knife. Sprinkle with a little sugar.

Soda Bread Pizzas

Ingredients (Serves 2)

1 soda
2 slices ham
Tomato puree
50g grated cheese

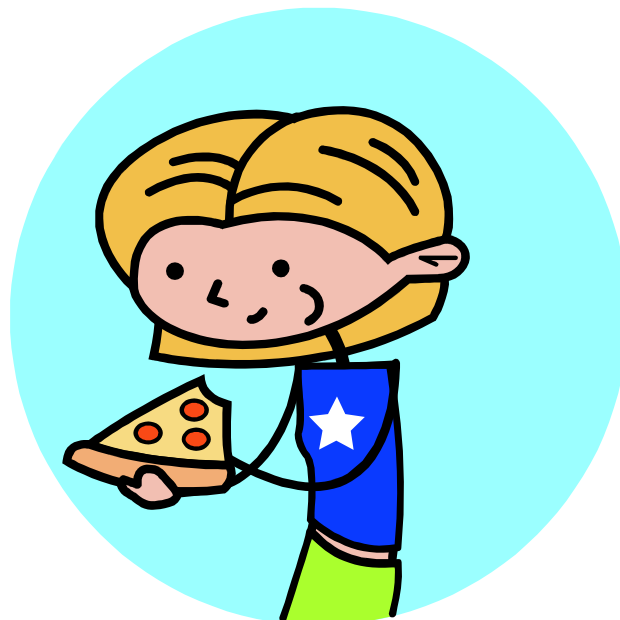
Equipment

Chopping board
2 x Serving plates
Table knife
vegetable knife
Chopping board

Method

1. Toast the cut side of the soda. Spread it **very thinly** with tomato puree.
2. Slice up the ham and place it on top of the soda.
3. Cover with grated cheese.
4. Place under the grill until the cheese melts.
5. Serve immediately.

Then wash up!



Sweet and Sour Stir-Fried Vegetables

Ingredients (between 2)

1 tablespoon oil
 $\frac{1}{4}$ pepper
 $\frac{1}{4}$ carrot
85g broccoli
 $\frac{1}{4}$ small onion
85g bean sprouts
 $\frac{1}{2}$ stick celery
 $\frac{1}{2}$ small tin pineapple pieces

Equipment

measuring jug
2 x chopping boards
2 x vegetable knives
large frying pan
tablespoon
pot rest

Sauce

$\frac{1}{2}$ tablespoon corn flour
 $\frac{1}{2}$ tablespoon Soy sauce
 $\frac{1}{2}$ tablespoon soft brown sugar
 $\frac{1}{2}$ tablespoon tomato puree
1 tablespoon white wine vinegar
 $\frac{1}{2}$ tablespoon malt vinegar
Pineapple juice and water to make up 125ml
pinch of powdered ginger

Method

1. Prepare all vegetables before starting to stir-fry
2. Add all the **sauce** ingredients to the measuring jug and stir well.
3. Heat the oil in the pan, fry carrot, broccoli, pepper, celery and onion for 5 minutes.
4. Add the bean sprouts and pineapple and fry for another minute.
5. Add the sauce and cook for 2 minutes, stirring constantly.
6. Serve and eat while hot.

Yoghurt Loaf

Ingredients

1 carton yoghurt
1 carton sugar
1 carton corn oil
3 cartons self-raising flour
3 eggs lightly beaten

Equipment

2 x loaf tins
Baking bowl
Sieve
Small bowl
Wooden spoon

Method

- 1 Preheat the oven to 190°C/Gas Mark 5.
- 2 Grease and line two loaf tins.
- 3 Put flour and sugar into a baking bowl.
- 4 Make a well in the centre and add the yoghurt, oil and eggs.
- 5 Mix well using a hand mixer or a wooden spoon.
- 6 Pour into the two loaf tins and bake in the oven for approximately 40 minutes.

