



Avocado Salsa

By Jenny Ford

Method

- Wash the tomato, remove the seeds and chop into small pieces.
- Peel and finely chop the onion.
- Peel, stone and finely dice the avocado.
- Chop the coriander.
- Put all the ingredients into a large bowl and stir to combine.
- Season with salt and pepper.
- Cover with cling film and put into the refrigerator until needed.
- Serve with Spicy Chicken Tortillas, lettuce and yogurt.



In my shopping basket

- 1 large tomato
- Juice of ½ lime
- ½ small red onion
- 1 small avocado
- 1 dsp. olive oil
- Fresh coriander



Cooking time :
Preparation time : 10
Preheat oven to :



Serves for 2
people



Easy

Bon Appétit !





Bacon and Onion Puffs

By Bethany Hickford

Method

- Fry onion in butter and oil for 2 mins.
- Add chopped bacon and fry together for 3 mins.
- Remove pan from the heat and beat in the egg yolks, parsley and salt and pepper.
- Whisk the egg whites and fold into the onion and bacon.
- Spoon into 4 greased ovenproof dishes.
- Sprinkle with grated parmesan cheese.
- Bake for 20 mins.



In my shopping basket

- 1 onion, peeled and finely chopped
- 25g (1oz) butter
- 1 tbsp oil
- 175g (7oz) bacon, rinded and chopped
- 6 eggs, separated
- 2 tblsp. chopped fresh parsley
- Salt and pepper
- 50g (2oz) parmesan cheese



Cooking time : 20 mins
Preparation time : 10 mins
Preheat oven to : 6 (200°C)



Serves for 4
people



Easy

Bon Appétit !



2



Baked Beans

By Jenny Ford

Method

- Prepare and chop all the vegetables.
- Heat oil in a large pan. Add all the vegetables except the squash, cover with a lid and cook on a low heat for 10 minutes, stirring occasionally.
- Add the squash to the pan and cook with the lid off for 5 minutes.
- Add the tomatoes to the vegetables in the pan.
- Season with salt and pepper. Bring to the boil. Simmer for 30 minutes
- Remove the tomato sauce from the heat and blend until the sauce is smooth.
- Taste and season.
- Add a little water to the sauce if it is too thick.
- Add the beans and reheat.



In my shopping basket

- 1 tin white cannelloni beans
- 1 small onion
- 1/2 leek
- 1 stick celery
- 1 small courgette
- 1/2 red pepper
- 1/4 butternut squash
- 2 tins chopped tomatoes
- 1 tblsp. olive oil



Cooking time : 45 min
Preparation time : 20 min
Preheat oven to :



Serves for 2-3 people



Easy

Bon Appétit !





Baked Herby Mushrooms

By School - L5 recipe

Method

- Cut the stalks from the mushrooms. Trim and chop the stalks finely.
- Heat the oil, fry the onions, garlic and chopped stalks over a medium heat for 3-4 minutes.
- Turn the cooked mixture into a bowl.
- Add the breadcrumbs, nutmeg, parsley, 4 tblsp. cheese and yogurt.
- Mix well.
- Bind the mixture together with the beaten egg. Season well.
- Place the mushrooms, open end up, on a greased baking tray.
- Divide the filling between them.
- Sprinkle on the remaining cheese.
- Bake until bubbling.
- Serve hot with triangles of toast.



In my shopping basket

- 16-20 medium mushrooms
- 2 tblsp. sunflower oil
- 1 small onion, chopped
- 2 cloves garlic
- 6 tblsp. fresh wholemeal breadcrumbs
- Large pinch nutmeg
- 3 tblsp. chopped parsley
- 8 tblsp. grated Gouda
- 2 tblsp. plain unsweetened yogurt
- 1 egg
- Salt and pepper



Cooking time : 10-15 min
Preparation time : 15 min
Preheat oven to : 5 (190°C)



Serves for 4 people



Easy

Bon Appétit !





Broad Bean Soup with Bacon

By Stephen Shieber

Method

- Prepare the vegetables.
- Put the peas, beans, onion, milk and stock into a pan.
- Bring to the boil. Turn down the heat and simmer for 20 minutes until the vegetables are tender.
- Meanwhile, de-rind the bacon and grill until crispy.
- Chop the bacon into small pieces.
- Liquidise the soup and gently reheat.
- Serve garnished with bacon.



In my shopping basket

- 225g (8oz) broad beans (shelled,
- 225g (8oz) peas (shelled)
- 1 large onion, chopped
- 450ml milk
- 300ml vegetable stock
- 2 rashers back bacon



Cooking time : 20 min
Preparation time : 20min
Preheat oven to :



Serves for 4 people



Easy

Bon Appétit !





Carrot. Courgette and Coriander Soup.

By Emily Craig

Method

- Gently fry the leek, garlic and onion in the olive oil until softened in a large saucepan.
- Add carrots, courgettes and porcini mushrooms and cook with the lid on for a few minutes, to sweat.
- Stir in the coriander, then add the stock and seasoning.
- Simmer for 20-25 mins until the vegetables are soft.
- Blend the soup to a smooth consistency.
- Garnish with a few coriander leaves and serve with fresh bread.



In my shopping basket

- 6 large carrots, peeled and chopped
- 2 large courgettes, peeled and chopped
- 2 tbslp porcini mushrooms, re-hydrated
- 1 leek
- 2 cloves garlic, crushed
- 1 red onion , finely chopped
- 4 tbslp. freshly chopped coriander
- 2 teasp. olive oil
- 1 litre vegetable stock
- Salt and pepper.



Cooking time : 25 mins
Preparation time : 15 mins
Preheat oven to :



Serves for 4 people



Easy

Bon Appétit !





Cheese Straws

By School - U4 Recipe

Method

- Sieve the flour and salt into a mixing bowl.
- Add the fat to the flour and rub in with the fingertips until the mixture resembles breadcrumbs.
- Stir in the cheese and mustard.
- Add 1-2 tblsp. water and bind together with a round bladed knife.
- Knead lightly for a few seconds.
- Roll out on a floured surface.
- Cut into straws.
- Bake until lightly browned.



In my shopping basket

- 100g (4oz) plain flour
- Pinch salt
- 50g (2oz) butter, chilled and diced
- 50g (2oz) strong flavoured cheese
- Pinch mustard powder
- Cold water



Cooking time : 15 min
Preparation time : 15 min
Preheat oven to : 6 (200°C)



Serves for 6 people



A Bit Tricky

Bon Appétit !






Chicken and Creamy Cheese Parcels

By Dianne McLean

Method

- 
- Mix together the chicken, cream cheese, beaten egg and seasoning.
 - Separate the sheets of filo pastry. Brush the first sheet with melted butter. Place the second sheet on top, brush with melted butter.
 - Divide the pastry into 8 equal sized pieces.
 - Place a spoonful of mixture into the centre of each piece, gather the pastry together like a money purse.
 - Brush the top of each parcel with melted butter. Place on a baking sheet and bake for 7-8 minutes until golden brown and crisp.
 - Meanwhile make a sauce by heating the wine and cream and adding the chopped herbs.
 - Place 2 parcels on a warmed plate and drizzle the sauce around the plate. Garnish with a fresh herb salad.
 - An alternative filling which is also good is 150g (6oz) Brie, cut into wedges and 4 tblsp. cranberry sauce.



In my shopping basket

- 200g (8oz) cooked chicken (diced)
- 100g (4oz) cream cheese with herbs e.g. Boursin
- 1 egg
- Salt and black pepper
- 2 sheets Filo pastry
- A little melted butter
- 75ml dry white wine
- 75ml double cream
- 1 teasp. chopped fresh herbs



Cooking time : 8 min
Preparation time : 15 min
Preheat oven to : 6 (200°C)



Serves for 4 people



A Bit Tricky

Bon Appétit !





Chicken Liver Pate

By Philippa Briggs

Method

- Fry the onion and garlic in the butter until soft but not brown.
- Wash and drain the chicken livers and then add to the pan.
- Cook for 10 minutes stirring occasionally to prevent from sticking.
- Remove the pan from the heat and stir in the salt , pepper, cream and the wine.
- Liquidise the pate and adjust the seasoning to taste.
- Put the pate into 6 individual dishes.
- Cover the top of the pate with a thin layer of the melted butter and then chill the pate thoroughly.
- Serve with toast.



In my shopping basket

- 1 onion, chopped
- 1-2 garlic cloves, crushed
- 50g (2oz) butter
- 450g (1 lb) chicken livers
- Salt and pepper
- 2 tblsp. double cream
- 2 tblsp. red wine
- 75g (3oz) melted butter



Cooking time : 10 min
Preparation time : 20 min
Preheat oven to :



Serves for 6
people



A Bit Tricky

Bon Appétit !






Chinese Spring Rolls

By School - L5 Recipe

Method

- 
- Peel and finely chop the onion, garlic and ginger.
 - Peel and grate the carrot.
 - Zest the orange and then squeeze out the juice.
 - In a large bowl mix together the mince, onion, garlic, ginger, carrot and bean sprouts.
 - Add the zest of 1 orange, 2 teasp. orange juice and the soy sauce. Mix together.
 - Melt the butter in a small pan.
 - Brush one sheet of filo pastry with melted butter. Lay a second sheet on top. Cut into rectangles.
 - Place some of the filling on the lower edge of the pastry. Roll up from the bottom and pinch the ends together.
 - Repeat with the remaining sheets of filo pastry and filling.
 - Place the rolls onto an oiled baking sheet and brush with the remaining melted butter.
 - Bake in a hot oven until golden.



In my shopping basket

- 150g (6oz) minced beef or lamb
- 1/2 small onion
- 1 carrot
- 2.5cm piece root ginger
- 1 clove garlic
- 1 teasp. soy sauce
- 1 orange
- 50g (2oz) beansprouts
- Salt and pepper
- 6 sheets filo pastry
- 50g (2oz) butter



Cooking time : 15-20 min
Preparation time : 20 min
Preheat oven to : 6 (200°C)



Serves for 4 people



A Bit Tricky

Bon Appétit !





Couscous Salad

By Sarah Dodds

Method

- Heat the stock in a pan with the saffron. Bring to the boil.
- Pour the hot stock over the couscous in a bowl.
- Cover with cling film and leave for 5 minutes.
- Stir the couscous with a fork.
- Add the finely chopped onion, pepper, tomatoes, celery and herbs.
- Stir in olive oil and lemon juice to season.
- Can be eaten either hot or cold.



In my shopping basket

- 500ml (1 pt) vegetable stock
- Pinch of saffron strands
- 300g (12oz) couscous
- 1 small red onion
- 1 small red pepper
- 1 stick of celery
- 250g (10oz) cherry tomatoes
- 2 tblsp. chopped fresh herbs (e.g. coriander, orriander, basil, chives etc)
- 2 tblsp. olive oil
- 1 tblsp. lemon juice
- Salt and pepper



Cooking time :
Preparation time : 15 mins
Preheat oven to :



Serves for 4
people



Easy

Bon Appétit !






Cracked Wheat Salad with Prawns

By Pat Ford

Method

- 
- Place the bulgar wheat in a pan with the stock, fish sauce and orange juice.
 - Bring to the boil, cover and simmer for 10 minutes until the grains are tender and the liquid has been absorbed.
 - Allow the bulgar wheat to cool, fluffing it up with a fork from time to time.
 - Place the cucumber, sweetcorn, spring onions, orange segments, almonds and prawns in a bowl and toss together with the cooled bulgar wheat.
 - Pile into a serving dish and season with freshly ground black pepper.
 - Scatter with chopped mint and garnish with mint sprigs.



In my shopping basket

- 150g (6oz) bulgar wheat
- 500ml (1pt) vegetable stock
- 1 tblsp. fish sauce
- 2 tblsp. orange juice
- 150g (6oz) cucumber, finely diced
- 100g (4oz) sweetcorn
- 3 spring onions, trimmed and thinly sliced
- 2 seedless oranges, peeled and segmented
- 50g (2oz) toasted, flaked almonds
- 100g (4oz) peeled prawns
- Black pepper
- 1 tblsp. chopped mint



Cooking time : 10 min
Preparation time : 20 min
Preheat oven to :



Serves for 4
people



Easy

Bon Appétit !





Creamy Mushroom and Garlic Soup

By School - U3 Recipe

Method

- Wash and slice the mushrooms.
- Crush the garlic cloves.
- Peel and chop the onion.
- Melt the margarine or butter in a pan.
- Add the mushrooms, onion and garlic . Cook until softened.
- Add the flour and cook, stirring continuously, for 2-3 minutes.
- Add the stock , stir and bring to the boil.
- Add all the other ingredients and cook gently for 15 minutes.
- If the soup is too thick add 250ml milk, water or stock.
- If you want the soup smooth you may liquidise it.



In my shopping basket

- 175g (6oz) mushrooms
- 2 cloves garlic
- 25g (1oz) plain flour
- 1 bay leaf
- 2 tblsp. soy sauce
- 1 onion
- 50g (2oz) butter or margarine
- 1 vegetable or chicken stock cube
- 500ml boiling water
- Salt and pepper



Cooking time : 15 mins
Preparation time : 20mins
Preheat oven to :



Serves for 4 people



Easy

Bon Appétit !





Dracula's Blood Soup

By School - L4 Recipe

Method

- Heat the oil in a large saucepan and fry the onion for 4-5 minutes, stirring occasionally.
- Stir in the remaining ingredients and season to taste.
- Bring to the boil and simmer for 20-30 minutes.
- Puree the soup in a blender or food processor.
- Reheat gently and adjust seasoning if necessary.
- Serve piping hot.



In my shopping basket

- 1 tblsp. oil
- 2 red peppers, deseeded and chopped
- 1 large red onion, chopped
- 2 garlic cloves
- 400g (1 lb) chopped tomatoes
- 2 tblsp. Worcestershire sauce
- ½ teasp. sugar
- 2 tblsp. tomato puree
- 1 potato, diced
- 500ml (1 pint) water
- 1 chicken stock cube



Cooking time : 20-30 min
Preparation time : 20 min
Preheat oven to :



Serves for 4-6 people



Easy

Bon Appétit !





Easy Onion Marmalade (with Grilled Goats Cheese + Poached Pears)

By Marion Farndale

Method

- Put the onions, garlic, olive oil, mustard and coriander seeds into a heavy based pan.
- Stir well to combine and then cook over a low heat for 20 minutes, stirring occasionally.
- Stir in the vinegar and sugar and continue to cook for another 10-20 minutes until the onions have become soft and translucent and the marmalade is well reduced, stirring occasionally.
- Stir in 4 tblsp. water and continue to cook for another 10 minutes until the marmalade is well thickened and slightly sticky.
- Season to taste.



In my shopping basket

- 3 large onions, thinly sliced
- 3 garlic cloves, crushed
- 3 tblsp olive oil
- 1 teasp. black mustard seeds
- 1 teasp. coriander seeds
- 3 tblsp. red wine vinegar
- 4 tblsp. dark muscovado sugar
- Salt and pepper



Cooking time : 40 min
Preparation time : 15 min
Preheat oven to :



Serves for
people



Easy

Bon Appétit !





Granola

By Pat Ford

Method

- Mix all the ingredients together and stir well.
- Spread out over the base of a roasting tin and bake for 30-45 minutes stirring every 10 minutes until golden brown.
- Allow to cool.
- Store in an air tight container.
- Granola will keep for 2 months.
- Serve with fresh fruit and Greek yogurt.



In my shopping basket

- 4 cups oats
- 2 cups wheatgerm
- 1 cup sunflower seeds
- 1 cup sesame seeds
- 1 cup slivered almonds
- 1 cup flax seed (linseed)
- 1/2 cup dried milk powder
- 1/2 cup sunflower oil
- 3/4 cup runny honey



Cooking time : 30-45 min
Preparation time : 10 min
Preheat oven to : 4 (180°C)



Serves for
people



Easy

Bon Appétit !





Green Lentil Soup a la P-J

By P-J de Weme-Brown

Method

- Chop all the vegetables.
- Put vegetables into a pan with the oil and sweat until they are soft.
- Then add the water, lentils, stock cubes and mixed herbs.
- Season to taste.
- Bring to the boil, then turn down and simmer until the lentils are soft (about 10-15 minutes)
- Remove the pan from the heat and blend the soup until it is smooth.
- Serve with double cream.



In my shopping basket

- 500ml (1pt) water
- 2 tblsp. oil
- 2 courgettes
- 1 leek
- 1 stick of celery
- 2 ham stock cubes
- 100g (4oz) green lentils
- Pinch of salt
- Pinch of pepper
- 1-2 tblsp. double cream



Cooking time : 15-30 mins
Preparation time : 30 mins
Preheat oven to :



Serves for 4 people



A Bit Tricky

Bon Appétit !






Healthy Seedy Bread

By Sarah Dodds

Method

- 
- Place the flour, seeds, salt and butter in a large mixing bowl.
 - Rub the butter into the flour until the mixture resembles fine breadcrumbs.
 - In a small jug, dissolve the yeast in the tepid water, then stir in the honey.
 - Make a well in the centre of the dry ingredients and pour in the yeast mixture.
 - Mix together by hand until a soft dough has formed.
 - Remove the dough from the bowl and knead on a lightly floured surface for approximately 10 minutes.
 - When the dough has become smooth and elastic, divide it into 2 equal portions and mould into balls.
 - Leave them to rest for 5 minutes and then shape into loaves and place in lightly greased small loaf tins.
 - Cover the loaves with cling film and leave in a warm place to prove for about 1 hour or until they have doubled in size.
 - Bake until golden on top.



In my shopping basket

- 450g (1 lb) Stoneground wholemeal flour
- 40g (1.5oz) sunflower seeds
- 40g (1.5oz) linseeds
- 40g (1.5oz) poppy seeds
- 1.5 teasp. salt
- 15g (1/2oz) butter
- 20g (1oz) fresh yeast or 10g (1/2oz) dried yeast
- 300ml tepid water
- 1 tblsp. honey



Cooking time : 25-30 min
Preparation time : 110 min
Preheat oven to : 6 (200°C)



Serves for 5 people



Easy

Bon Appétit !





Hot Herby Bread

By School - L4 Recipe

Method

- Cut the loaf into 2.5cm (1") thick slices.
- Cream the butter in a bowl with the garlic, and herbs and beat together.
- Spread the butter mix liberally between the slices.
- Wrap the loaf loosely in foil and bake for about 15 minutes until soft.



In my shopping basket

- 1 French loaf
- 75g (3oz) butter
- 30ml (2 tblsp.) fresh chopped herbs e.g. parsley, chives, thyme
- 2 garlic cloves, crushed (optional)
- Tin foil



Cooking time : 15 min
Preparation time : 10 min
Preheat oven to : 4 (180°C)



Serves for 3-4 people



Easy

Bon Appétit !





Hummus and Crudites

By School - L4 Recipe

Method

- Drain chickpeas through a sieve.
- Tip the chickpeas into a blender.
- Add garlic, lemon juice, tahini paste and a little salt.
- Put the olive oil and 2 tblsp of water into a small pan.
- Heat but don't boil.
- Add the liquid to the blender and whizz until smooth.
- If the mixture is too thick add more water or lemon and whizz again.
- Tip the hummus into a serving dish.
- Sprinkle with chopped coriander.
- Serve with warm pitta bread and vegetable sticks.



In my shopping basket

- 400g can chickpeas
- 2 garlic cloves, crushed
- Juice of 1 lemon
- 1 tblsp. tahini paste
- 2 tblsp. olive oil
- Salt
- Chopped fresh coriander (optional)
- Piece Cucumber
- 2 carrots
- Red pepper
- 1 pitta bread



Cooking time :
Preparation time : 20 mins
Preheat oven to :



Serves for 4
people



Easy

Bon Appétit !





Leek and Feta Vol-au-vent

By Marie Slack

Method

- Preheat the oven.
- Roll out the pastry and cut out 4 saucer-size circles.
- Spread with pesto to within 1cm from the edges.
- Place on a non-stick baking tray and put into the refrigerator to chill.
- Melt the butter in a frying pan and sweat the leeks until soft.
- Season with salt and pepper.
- Spread the leek mixture on to the pastry circles along with the crumbled cheese, tomatoes and pine nuts.
- Brush the edges of pastry with beaten egg and bake for 12-15 mins until the pastry is well risen and golden brown.
- Serve with a herb salad.



In my shopping basket

- 375g packet puff pastry
- 100g (4oz) leeks, sliced
- 125g (5oz) feta cheese
- 2 tablesp. pesto
- 25g (1oz) butter
- 8 cherry tomatoes, quartered
- 2 tablesp. pinenuts
- 1 egg
- Salt and pepper



Cooking time : 12-15mins
Preparation time : 15mins
Preheat oven to : 6 (200°C)



Serves for 4
people



Easy

Bon Appétit !






Parmesan Biscuits

By Emma Briggs

Method

- 
- Rub the butter into the flour, by hand or in a food processor, until the mixture looks like fine breadcrumbs.
 - Stir in the parmesan, seasoning and cayenne pepper.
 - Work the mixture together into a ball and then knead briefly on a work surface lightly dusted with flour until smooth.
 - Cut the dough in half, flatten each piece slightly, then roll out thinly between 2 large sheets of cling film.
 - Lift off the top piece of cling film and cut into 5cm/2in biscuits.
 - Carefully lift the biscuits onto a lightly buttered baking sheet, then knead together and re-roll the trimmings to make more biscuits.
 - Sprinkle the biscuits with rosemary.
 - Bake the biscuits until crisp and golden.
 - Leave to cool on the baking sheets.
 - Store in an airtight tin.



In my shopping basket

- 125g (4oz) chilled butter, cubed
- 125g (4oz) plain flour
- 25g (1oz) freshly grated parmesan
- Salt and pepper
- Pinch cayenne pepper
- Rosemary



Cooking time : 10-15 min
Preparation time : 20 min
Preheat oven to : 4 (180°C)



Serves for 8 people



A Bit Tricky

Bon Appétit !





Pizza Spirals

By School - U3 Recipe

Method

- Oil a baking tray.
- Sieve the flour into a bowl.
- Rub the margarine into the flour until it resembles fine breadcrumbs.
- Beat together the egg and milk.
- Add the egg mixture to the flour and mix to form a soft dough.
- Roll out the dough on a floured surface to form a rectangle.
- Spread the tomato puree, onion, tomato and mushrooms over the dough.
- Leave a 2cm gap around the edges.
- Sprinkle the grated cheese and herbs on top of the filling.
- Roll up from the long end sealing the filling inside.
- Cut into 4cm slices.
- Place the spirals flat on the baking tray and bake until golden brown.



In my shopping basket

- 150g (6oz) self-raising flour
- 25g (1oz) margarine
- 1 egg
- 4 tbs. milk
- 25g (1oz) tomato puree
- 1 tomato, sliced
- 1 onion, peeled and sliced
- 50g (2oz) cheese, grated
- 3 mushrooms, sliced
- 1 teasp. mixed dried herbs



Cooking time : 10 min
Preparation time : 15 min
Preheat oven to : 6 (200°C)



Serves for 4 people



A Bit Tricky

Bon Appétit !





Pumpkin Soup

By Leigh McNaught

Method

- Cook the onion in the butter in a large saucepan until soft.
- Peel and cut the pumpkin and potatoes into small chunks and add to the saucepan.
- Make stock with 200ml boiling water and add to the pan with the milk and seasoning.
- Bring to the boil and simmer for 15 mins.
- When vegetables are tender liquidize until smooth.
- Serve with a swirl of cream.



In my shopping basket

- 200g (8oz) pumpkin, peeled and deseeded
- 1 small onion, peeled and chopped
- 100g (4oz) potatoes
- 150ml milk
- 25g (1oz) butter
- Salt and pepper
- Pinch cumin
- 1 vegetable stock cube



Cooking time : 15-20 mins
Preparation time : 10-15 mins
Preheat oven to :



Serves for 4 people



Easy

Bon Appétit !





Quick Cheese Twisties

By Ann Winks

Method

- Brush a little oil onto a baking sheet.
- Sprinkle the work surface with a little flour, lay out the pastry.
- Sprinkle the cheese evenly over half the pastry, spread the marmite (pesto or tomato ketchup) over the other half.
- Fold over and press down.
- Using a rolling pin, roll the pastry out to its original size.
- Using a knife, cut the pastry into long, thin straws.
- Holding the end of a straw with one hand, use your other hand to twist it.
- Lay it on the baking tray and repeat with the other straws, leaving a space between each one.
- Bake for 8-10 mins.
- Leave to cool on a wire rack.



In my shopping basket

- 375g packet of ready rolled puff pastry
- 100g (4oz) grated cheese
- 1tbsp. Marmite, Pesto or tomato ketchup



Cooking time : 8-10 mins
Preparation time : 10 mins
Preheat oven to : 6 (200°C)



Serves for 8 people



Easy

Bon Appétit !






Quick Wholemeal Bread Buns

By School - U3 Recipe

Method

- 
- Measure the flours into a bowl with the salt.
 - Put the bowl into a warm oven for a few minutes.
 - Remove the bowl from the oven and stir in the yeast.
 - Make a well in the centre of the flour and add the hand hot water and oil. Mix well then put onto table and knead thoroughly for about 6 minutes.
 - Divide the mixture into 6 buns. Shape into round rolls.
 - Place the rolls onto a greased baking sheet, cover with oiled polythene and leave in a warm place until double in size (35-40 minutes).
 - Remove the polythene and sprinkle the rolls with a little flour.
 - Bake on a high shelf until golden brown and they sound hollow when knocked on the base.



In my shopping basket

- 100g (4oz) wholewheat flour
- 100g (4oz) strong white flour
- 1 level teasp. salt
- 125ml hand hot water
- 1 level teasp. sugar
- 2 level teasp. easy blend yeast
- 1 teasp. oil
- A little extra flour for Kneading



Cooking time : 20-25 min
Preparation time : 30 min
Preheat oven to : 7 (220°C)



Serves for 6 people



Easy

Bon Appétit !





Ratatouille

By School - U3 Recipe

Method

- Prepare the vegetables by washing and coarsely chopping.
- Heat the oil in a large saucepan, add the onion slices and fry for 5 minutes until soft and just beginning to brown.
- Stir in the peppers, aubergine and courgettes and cook gently for 5 minutes.
- Add the canned tomatoes, garlic and basil to the saucepan.
- Bring to the boil, reduce heat and simmer until the liquid in the pan reduces and thickens.
- Add the stock (or wine) to the pan and simmer for a further 15 minutes.
- Serve hot or cold.



In my shopping basket

- 3 tblsp. oil
- 1 red onion
- 1 green or red pepper
- 2 courgettes
- 1 aubergine
- 1 large can peeled plum tomatoes
- 1 clove garlic
- 1 teasp. chopped basil
- Salt and pepper
- 75ml stock (or dry white wine)



Cooking time : 25 min
Preparation time : 15 min
Preheat oven to :



Serves for 4 people



Easy

Bon Appétit !





Rice/Pasta salad

By School - U3 Recipe

Method

- Boil rice/pasta for 10 mins and then drain through a sieve.
- Rinse the rice/pasta in cold water to cool quickly.
- Prepare and chop vegetables and mix with rice or pasta
- Coat with a dressing of your choice and serve



In my shopping basket

- 100g (4oz) rice or pasta
- 1 onion or 2 spring onions
- 2 green peppers
- 1 tomato
- 50g (2oz) sweetcorn
- 50g (2oz) garden peas
- 1 tablesp. dressing or mayonnaise
- 50g (2oz) cooked ham, chicken, tuna or grated cheese



Cooking time : 10 min
Preparation time : 20 min
Preheat oven to :



Serves for 4 people



Easy

Bon Appétit !






Sausage Rolls

By School- L4 Recipe. Photo by
Karlamay Christensen

Method

- 
- Preheat the oven.
 - Make the pastry – sieve the flour, add the salt, rub in the fat until mixture resembles breadcrumbs, bind with water.
 - Roll out the pastry into a rectangle about 30cm x 25cm.
 - Cut pastry into 2 lengthwise.
 - Add some salt and pepper to the sausagemeat and roll it out to the same length as the pastry.
 - Place it on the pastry.
 - Brush the edges with the water and seal them placing the join underneath.
 - Cut into 5cm lengths.
 - Mark the tops with a knife and brush the top with beaten egg or milk.
 - Place on a baking tray and cook until golden brown.



In my shopping basket

- 200g (8oz) plain flour
- Pinch salt
- 100g (4oz) hard fat (e.g. ½ butter and ½ lard)
- Cold water
- 200g (8oz) sausage meat
- Salt and pepper
- 1 egg /or milk to brush on the top



Cooking time : 15-20 min
Preparation time : 20 min
Preheat oven to : 6 (200°C)



Serves for 6-8
people



Easy

Bon Appétit !






Sauteed Chicken Livers

By Cameron Dunn

Method

- 
- Trim and carefully slice the chicken livers.
 - Toss the chicken livers in the flour, seasoned with salt, pepper and thyme.
 - Saute the seasoned chicken livers on the hob in olive oil, turn regularly until browned.
 - Just before serving add the balsamic vinegar, Dijon mustard and raspberry jam to form a sauce.
 - Spoon over a bed of rocket and serve with warm seed bread.



In my shopping basket

- 500g (1 lb) fresh chicken livers
- 1 teasp. balsamic vinegar
- 1 tblsp. raspberry jam
- 1 teasp. Dijon mustard
- 1 cup of plain flour
- Pepper and salt
- Pinch dried thyme
- Fresh seed bread
- Rocket
- Olive oil



Cooking time : 7-8 mins
Preparation time : 10 mins
Preheat oven to :



Serves for 4 people



Easy

Bon Appétit !





Welsh Rarebit

By School - U3 Recipe

Method

- Pre-heat the grill.
- Grate the cheese into a basin, add the milk, salt and pepper and stir well.
- Slice the tomato.
- Place the bread on the grill pan and toast until golden brown on both sides.
- Spread the cheese paste mixture on the top of both slices of bread.
- Put a slice of tomato on top.
- Put Welsh rarebits under the grill and cook until the cheese has melted and turned a golden brown colour.



In my shopping basket

- 2 slices bread
- 75g (3oz) cheese
- 2 tblsp. milk
- Salt and pepper
- 1 tomato



Cooking time :
Preparation time : 10 min
Preheat oven to :



Serves for 1-2
people



Easy

Bon Appétit !






Bacon and Mushroom Gougere

By School - L5 Recipe

Method

- 
- Make the filling:- melt the butter, add the onion and bacon and cook until the onions are soft.
 - Add the mushrooms and cook for another 2 minutes.
 - Mix in the flour then gradually add in the stock.
 - Simmer for 5 minutes.
 - Skin and quarter the tomatoes. Add to the pan and season. Leave to one side.
 - Make the choux pastry. Put the water and butter into a pan, bring to the boil.
 - Remove the pan from the heat and immediately beat in the sieved flour. Beat well until the mixture leaves the sides of the pan. Cool slightly.
 - Gradually add the beaten eggs. Beat well after each addition.
 - Stir in the cheese.
 - Spoon the choux pastry round the sides of an oiled dish leaving a hollow in the centre and then pour in the filling.
 - Use a food processor to make breadcrumbs.
 - Sprinkle the top of the gougere with grated cheese and breadcrumbs.
 - Bake until the pastry is well risen and golden brown.



In my shopping basket

- 125 ml. water
- 50g (2oz) butter
- 65g (2.5oz) plain flour
- 2 eggs
- 50-75g (2-3oz) grated cheese
- Filling
- 25g (1oz) butter
- 1 large onion
- 50g (2oz) mushrooms
- 1 dsp. plain flour
- 125ml stock
- 3 tomatoes
- 100g (4oz) chopped bacon
- Salt and pepper
- 2 tblsp. Cheddar cheese
- 1 tblsp. wholemeal bread



Cooking time : 40-45 min
Preparation time : 25 min
Preheat oven to : 6 (200°C)



Serves for 3-4
people



A Bit Tricky

Bon Appétit !






Bangers and Mash with home made Gravy

By Lilly Mindham -Walker

Method

- 
- Melt butter in a pan.
 - Add the onions and garlic. Cook gently for 10 minutes .
 - Add flour and mix in well with a wooden spoon.
 - Gradually add the stock, mixing well with each addition.
 - Season with herbs, Worcestershire sauce, balsamic vinegar, salt and pepper.
 - Cover the pan with a lid and simmer gently for 30 min.
 - Meanwhile peel the potatoes and put into a pan of boiling water.
 - Cook for around 20 minutes until soft then drain off the water.
 - Mash the potatoes with the milk and butter.
 - Whilst the potatoes are cooking bake the sausages in the oven until brown and crisp.
 - Serve the bangers and mash on a plate with the gravy.



In my shopping basket

- 8 pork sausages
- 2 large onions, thinly sliced
- 25g (1oz) butter
- 2 garlic cloves, crushed
- 1 tblsp. plain flour
- 500ml (1pt) stock
- 1 tblsp. chopped fresh thyme
- 1 teasp. Worcestershire sauce
- 1 teasp. balsamic vinegar
- 700g (1.5lb) potatoes
- 100ml milk
- 25g (1oz) butter



Cooking time : 45 mins
Preparation time : 10 mins
Preheat oven to : 6 (200°C)



Serves for 4
people



Easy

Bon Appétit !





Boozy Beef

By Steve Byrne

Method

- Cut the beef into cubes.
- Prepare all the vegetables.
- Heat a large non stick pan and dry fry the onions until soft.
- Add the garlic and beef and continue cooking until the beef is sealed.
- Season with salt and pepper
- Sprinkle the flour over and stir for one minute then gradually stir in the beef stock
- Stir in the sliced mushrooms, the beer or cider and the fresh herbs.
- Reduce the heat to a gentle simmer and cook for 35-40 minutes until the beef is tender.
- Serve with new potatoes and steamed green vegetables.
- STEVE'S TIP: This is beautiful when cooked in a slow cooker!



In my shopping basket

- 2 red onions, sliced
- 2 garlic cloves, crushed
- 450g (1lb) lean braising steak
- 1 beef stock cube
- 250ml boiling water
- 1 tblsp. plain flour
- 225g (8oz) mixed mushrooms, sliced
- 400ml beer or cider
- 2 tblsp. chopped fresh herbs
- Salt and pepper



Cooking time : 35-40 min
Preparation time : 20 min
Preheat oven to :



Serves for 4
people



Easy

Bon Appétit !





Carbonara with peas. bacon and mint

By Catherine Hall

Method

- Boil the pasta following the instructions on the packet.
- Add the peas for the last five minutes.
- Drain the pasta through a colander.
- Chop the bacon into small pieces.
- Fry the bacon until crispy.
- Chop the mint.
- Whisk the egg and cream together. Season with salt and pepper
- Put the pasta, peas and bacon into a large frying pan and stir
- Add the egg and cream mixture to the pasta and stir well.
- Add the mint and finally add salt and pepper to season.



In my shopping basket

- 450g (1lb) farfalle
- 1 egg
- 100ml double cream
- Sea salt and freshly ground black pepper
- 12 rashers of pancetta or smoked streaky bacon
- 75g (3oz) peas
- 2 sprigs of fresh mint,
- 50g (2oz) freshly grated Parmesan cheese



Cooking time : 15 mins
Preparation time : 15 mins
Preheat oven to :



Serves for 6
people



A Bit Tricky

Bon Appétit !






Cashew and Aubergine Curry

By Pat Ford

Method

- 
- Fry the cumin seeds in the oil for a few minutes.
 - Add the nuts and fry for 1 minute.
 - Add the onion and fry for 1 minute.
 - Add the potatoes and aubergine and cook for a few minutes more.
 - Add all the remaining ingredients.
 - Bring to the boil.
 - Turn down and simmer for 25-30 minutes, stirring occasionally.



In my shopping basket

- 2 tblsp. olive oil
- 100g (4oz) fresh unsalted cashew nuts
- 1 large aubergine
- 2 medium potatoes, peeled and cut into cubes
- 1 large tin tomatoes
- 1 onion, chopped
- 250ml water
- 2 teasp. cumin seeds
- 1 teasp. garam masala
- 1 teasp. chilli powder
- 1 teasp. ground coriander
- 1 teasp. turmeric



Cooking time : 30 min
Preparation time : 20 min
Preheat oven to :



Serves for 4 people



Easy

Bon Appétit !





Cauliflower au Gratin

By Sophia Atwood

Method

- Wash the cauliflower and break into florets.
- Put the cauliflower into a pan with a small amount of boiling water.
- Put the lid on the pan and simmer for 10-15 minutes until just tender.
- Make the sauce by the all in one method.
- Add half of the cheese to the sauce.
- Put the cauliflower into an ovenproof dish.
- Cover with the sauce.
- Sprinkle the remaining cheese on top and brown under a hot grill.
- This can be served on toast with some crispy bacon for a quick nutritious supper dish.



In my shopping basket

- 1 cauliflower
- 25g (1oz) butter or margarine
- 25g (1oz) plain flour
- 250ml (1/2 pt) milk
- 50g (2oz) grated cheese



Cooking time : 15 min
Preparation time : 15 min
Preheat oven to :



Serves for 4 people



Easy

Bon Appétit !





Cheese and Courgette Bake

By School - L5 Recipe

Method

- Top and tail courgettes. Grate on a coarse grater.
- Peel and chop the onion
- Cut the bacon into pieces
- Combine everything in a bowl and mix well.
- Pour into an oiled tin (11x7 inch)
- Bake until set and beginning to brown.



In my shopping basket

- 300g (12oz) courgettes
- 1 large onion
- 100g (4oz) bacon
- 100g (4oz) grated cheese
- 4 eggs
- 125g (5oz) SR flour
- 60ml oil
- 5 eggs
- Salt and black pepper



Cooking time : 30-40 min
Preparation time : 15 min
Preheat oven to : 5 (190°C)



Serves for 6 people



Easy

Bon Appétit !





Cheshire Chicken Crumble

By Beryl Dixon

Method

- Peel and chop onions.
- Mix with chicken, tomato puree, stock and cornflour in a medium saucepan.
- Boil for 10-15 minutes stirring occasionally.
- Season to taste.
- Rub together the flour and the margarine.
- Stir in the cheese and dried herbs.
- Pour the chicken mixture into an ovenproof dish and pile the crumble on top.
- Bake until golden brown.



In my shopping basket

- 350g (14oz) cooked chicken
- 50g (2oz) margarine
- 100g (4oz) plain flour
- 50g (2oz) crumbled Cheshire cheese
- 1 teasp mixed herbs
- 75g (3oz) onions
- 2 level tblsp tomato puree
- 300mls chicken stock
- 1 level tblsp cornflour



Cooking time : 30 min
Preparation time : 15 mins
Preheat oven to : 5 (190°C)



Serves for 4 people



Easy

Bon Appétit !






Chicken and Pancetta Risotto

By Graeme Campbell

Method

- 
- Heat stock in pan.
 - In a separate pan heat the oil, add the shallots and a pinch of salt, sweat for a few minutes then add garlic and mushrooms.
 - Add rice and stir the pan continuously, do not let any colour into it.
 - After 3-4 minutes add the wine or vermouth, allow the wine to cook into the rice.
 - Once the wine is cooked into the rice start adding the first ladles of stock. Turn the heat down to a high simmer because you don't want to cook the rice too quickly.
 - Continue to add ladles of stock, stirring all the time adding more ladles of stock once the previous lot has been absorbed.
 - Keep checking seasoning and add fresh herbs if you wish.
 - Continue cooking until the rice is smooth and creamy but retains its bite.
 - Remove from the heat and stir in a little butter
 - Serve whilst it is still soft and moist in texture.



In my shopping basket

- 1 litre (2-3 pint) chicken stock
- 3 plump chicken breasts
- 400g (1lb) risotto rice (I get best results with Carnaroli)
- 1 pack Pancetta or smoked lardons
- 1 tbslp. olive oil
- 3 finely chopped shallots
- 1 finely chopped portabello mushroom
- 2 finely chopped cloves of garlic
- 200ml dry white wine or vermouth
- Sea salt and black pepper to taste



Cooking time : 20-30 min
Preparation time : 15 min
Preheat oven to :



Serves for 4 people



Easy

Bon Appétit !





Chicken Dijonaise

By Imogen Stead

Method

- Preheat oven
- Melt the butter in a frying pan and cook the chicken breasts in it for about 10 mins until they are golden in colour.
- Transfer the chicken into an oven proof dish
- Fry onion and bacon in the chicken juices until soft
- Add thyme, cream, mustard, sherry and seasoning to the frying pan. Bring to the boil, turn down and simmer for 10 mins
- Pour the sauce from the frying pan into an oven proof dish over the chicken breasts.
- Bake in preheated oven for 30mins.



In my shopping basket

- 8 chicken breasts
- 975ml sherry
- 2tbsp. French mustard
- 2 chopped onions
- 8 chopped rashers bacon
- 1 tblsp. dried thyme
- 300ml double cream
- 40g (1.5oz) butter



Cooking time : 1 hour
Preparation time : 25 mins
Preheat oven to : 4 (180°C)



Serves for 8 people



A Bit Tricky

Bon Appétit !






Chicken Gumbo

By Nicky Bolton

Method

- 
- Put the chopped chorizo in pan over medium heat. Fry, stirring frequently, until crisp.
 - Increase the heat, stir in celery, onions, capsicums and garlic . Fry 5 min until soft.
 - Remove vegetables from pan and set aside.
 - Reduce heat and add oil to sausage fat in pan. Sprinkle in flour, stirring until well blended.
 - Cook gently for 5 min until it turns a rich brown.
 - Add tomatoes, stock, okra, herbs and cayenne.
 - Bring to boil, reduce heat, cover pan and simmer 10 min, stirring frequently,
 - Cut chicken into small pieces. Increase heat and bring to boil. Stir in rice, reduce heat . Add chicken and celery mixture.
 - Simmer 15–20min until rice is tender and chicken cooked.
 - Pour in a little extra stock if needed.
 - Add prawns and reserved chorizo.
 - Simmer until the prawns turn pink and the sausage is heated through.
 - Remove bay leaf. Season, garnish with celery leaves.



In my shopping basket

- 100g (4oz) chorizo sausage,
- 2 tblsp. vegetable oil
- 3½ tblsp. plain flour
- 2 celery stalks, sliced
- 2 onions, chopped
- 2 green capsicums, sliced
- 3 garlic cloves, crushed
- 400g can chopped tomatoes
- 1 litre chicken stock
- 200g (8oz) okra, thinly sliced
- 2 tblsp. fresh parsley
- 1 teasp. dried thyme
- 1 bay leaf
- Pinch cayenne pepper
- 150g (6oz) wild rice,
- 3 skinless chicken thighs



Cooking time : 30 min
Preparation time : 30 min
Preheat oven to :



Serves for 3-4
people



Easy

Bon Appétit !






Chicken Nuggets and Potato Wedges

By Jenny Ford

Method

- 
- Pre-heat the oven.
 - Wash and cut the potatoes into wedges; rinse them under a cold tap and pat them dry.
 - Spread them out on a large non-stick baking tray and toss with 2 sprays of low fat oil and some celery salt.
 - Place them flat in a single layer, and roast them for 40-45 minutes.
 - Combine the breadcrumbs, salt, garlic powder and a little pepper.
 - Place the mixture in a large plastic bag.
 - Cut the chicken breasts into chunks.
 - Dip the chicken pieces into the beaten egg and then drop into the plastic bag.
 - Shake until the chicken is thoroughly coated.
 - Place the coated chicken pieces on a non-stick baking tray and bake for 10-15 minutes or until cooked through and golden brown, turning once midway through cooking.



In my shopping basket

- 6 potatoes (1.6kg)
- 2 sprays low fat olive oil
- 1 teasp. celery salt
- Flaked sea salt
- 75g (3oz) wholemeal breadcrumbs
- ½ teasp salt
- ½ teasp garlic powder
- Freshly ground black pepper
- 1 egg
- 3 chicken breasts



Cooking time : 40-45 min
Preparation time :
Preheat oven to : 6 (200°C)



Serves for 6 people



Easy

Bon Appétit !





Chicken Paprika

By Dianne McLean

Method

- Pour the cider into a pan and boil to reduce until half the volume.
- Cut the chicken into 1 inch cubes. Toss into the seasoned flour.
- Melt half of the butter with 1 tblsp. oil.
- Fry the chicken until evenly browned. Remove from the pan and keep warm.
- Fry the onion in the remaining butter and oil until beginning to soften.
- Add the paprika and cook for 1 minute.
- Add the cider and stock cube to the pan, bring to the boil.
- Add the chicken.
- Simmer for 30 minutes, uncovered.
- Add the soured cream and halved grapes just before serving.



In my shopping basket

- 500ml (1pt) dry cider
- 750g (1.5lb) chicken breast
- 25g (1oz) seasoned flour
- 50g (2oz) butter
- 2 tblsp. olive oil
- 1 onion, chopped
- 2 teasp. paprika
- 1 chicken stock cube
- 125ml soured cream
- 450g (1lb) green grapes



Cooking time : 35 min
Preparation time : 20 min
Preheat oven to :



Serves for 6
people



Easy

Bon Appétit !





Chicken Provençal

By Angela Fairhurst

Method

- Take your chicken out of the fridge 30 min. before it goes into the oven
- Wash and roughly chop veg. Put into the middle of a large roasting tray and drizzle with oil
- Wash the chicken then rub salt and pepper all over .
- Place the half lemon inside the chicken's cavity
- Fry the onion and garlic in a little oil
- Add the mushrooms and fry for a few minutes
- Add the tomatoes and olives. Take off heat, allow to cool a little.
- Carefully spoon the mixture into the cavity, try to fit in as much as poss. Any remaining can be kept aside and heated up later.
- Place the chicken on top of the vegetables in the tray and put into the hot oven.
- Turn the heat down to 200°C/gas 6 and cook the chicken for 1 hr 20 mins
- Baste the chicken halfway through cooking.
- Place the dish in the centre of table so that people can serve themselves.
- This is a traditionally rustic meal. Serve with crispy french bread



In my shopping basket

- 1 chicken
- 2 carrots / 2 parsnips
- 6 small potatoes suitable for roasting (or larger ones cut in half)
- Olive oil
- Sea salt and freshly ground black pepper
- ½ a lemon
- For the sauce:
 - 1 large onion, chopped
 - 4 cloves of garlic (depending on taste), pressed
 - A handful of stoned mixed olives
 - A handful of mushrooms, chopped
 - 1 tin of chopped tomatoes (with herbs)



Cooking time : 1 hr 20 min
Preparation time : 20 min
Preheat oven to : 9 (245°C)



Serves for 4-6 people



Easy

Bon Appétit !





Chicken Tikka Masala

By School - L4 Recipe

Method

- Cut the chicken breasts into 2.5 cm cubes.
- Peel and roughly chop the garlic and ginger.
- Put the tomatoes, garlic, ginger and yoghurt into a blender or food processor and process until the mixture is smooth. Set aside.
- Peel and chop the onion.
- Heat the oil in a heavy-based pan, add the onion and fry over a medium heat for 3-4 minutes, stirring constantly.
- Stir the masala curry paste and fry for a further 1 minute, stirring once or twice.
- Add the tomato mixture and chicken to the pan and mix together.
- Season with salt and pepper.
- Mix the flour and water together and stir into the pan off the heat.
- Return to the heat and bring to the boil, stir constantly.
- Cover and cook over a gentle heat for 15 minutes.
- Sprinkle in the chopped coriander and serve immediately garnished with coriander leaves.



In my shopping basket

- 4 skinned chicken breasts
- 2 garlic cloves
- 2.5cm (1in) piece ginger
- 400g (14oz) can chopped tomatoes
- 4 tblsp. natural yoghurt
- 1 onion
- 2 tblsp. vegetable oil
- 2 tblsp. masala curry paste
- Salt and pepper
- 1 tblsp. plain flour
- 50ml water
- 3 tblsp. fresh coriander
- Coriander leaves to garnish



Cooking time : 20 mins
Preparation time : 20 mins
Preheat oven to : 5 (190°C)



Serves for 4 people



Easy

Bon Appétit !





Coronation Chicken

By Pat Ford

Method

- Cook the chicken and cut into bite size pieces
- Mix all the ingredients in a large bowl
- Add more mayonnaise and yogurt if required
- Garnish with parsley and paprika.
- Cover and refrigerate until ready to serve.



In my shopping basket

- 250 ml mayonnaise
- 2 tblsp. curry powder
- 2 tblsp. mango chutney
- 150ml natural yogurt
- 125g (5oz) dried apricots
- 100g (4oz) sultanas
- 100g (4oz) toasted almonds
- 900g (2lb) cooked chicken
- 1 mango
- Seedless white grapes
- Paprika and parsley to garnish



Cooking time :
Preparation time : 20 min
Preheat oven to :



Serves for 6-8
people



Easy

Bon Appétit !






Couscous with Roasted Vegetables

By Ellen Cochee

Method

- 
- Prepare all the vegetables and cut into even sized pieces.
 - Place all the vegetables except the tomatoes in a roasting tin, add the 2 tblsp. olive oil, rosemary and garlic.
 - Put into the oven to roast for 45 min.
 - Add tomatoes and cook for another 10 min.
 - When the vegetables are cooked put the couscous into a large bowl. Add the boiling water and leave to stand for 5 min.
 - Add the pesto, olive oil and vinegar and use a fork to break up the couscous.
 - Season with salt, black pepper and a pinch of sugar.
 - Serve the couscous with the roasted vegetables.



In my shopping basket

- 2 tblsp. olive oil
- 2 red onions
- 1 red pepper
- 1 green pepper
- 1 large courgette
- 1 aubergine
- 2 sweet potatoes
- 8 cherry tomatoes
- 4 cloves garlic
- Fresh rosemary
- 150g (6oz) couscous
- 200ml boiling water
- 2 tblsp. pesto
- 2 tblsp. oil
- 1 tblsp. vinegar



Cooking time : 55 min
Preparation time : 30 min
Preheat oven to : 7 (220°C)



Serves for 4 people



Easy

Bon Appétit !






Crunchy Topped Brussel Sprouts

By Mandy Johnson

Method

- 
- Melt the margarine. Add the sprouts, onion and celery and cook for 5-10 minutes.
 - Add the flour.
 - Cook briefly over a gentle heat.
 - Stir in the tomatoes, salt, marjoram and water.
 - Simmer for 15-20 minutes.
 - Mix together the cheese, cracker crumbs and almonds.
 - Transfer the sprouts to an ovenproof dish.
 - Sprinkle on the topping.
 - Brown under the grill.



In my shopping basket

- 50g (2oz) margarine
- 500g (1lb) sprouts, cut into halves
- 100g (4oz) onions, sliced
- 4 sticks celery, sliced
- 25g (1oz) plain flour
- 1 large can tomatoes
- 1/2 teasp. marjoram
- 2 tblsp. water
- 50g (2oz) grated cheese
- 25g (1oz) cracker crumbs
- 1 level teasp. flaked almonds



Cooking time : 30 min
Preparation time : 10 min
Preheat oven to :



Serves for 4
people



Easy

Bon Appétit !





Duck and Vegetable Stir Fry

By Pat Ford

Method

- Prepare all the vegetables.
- Heat the oil in a wok over a moderate heat.
- Fry the onion and garlic for 1 minute.
- Add the ginger and fry for a further minute.
- Add the duck and stir-fry for 2 minutes.
- Add the carrots and water, cover and cook for 5 minutes.
- Add the peppers and mange tout, stir well and cook for a further 3 minutes.
- Remove from the heat to season with soy sauce and pepper.
- Serve immediately with freshly cooked noodles.



In my shopping basket

- 2 tblsp. sesame oil
- 450g (1 lb) duck breast, cut into strips
- 1 bunch spring onions, finely chopped
- 2 cloves garlic
- 1 inch piece of fresh ginger, grated
- 2 carrots, peeled and cut into thin strips
- 250g (8oz) mangetout
- 1 red pepper, cut into thin strips
- 4 tblsp. water
- 1 tblsp. soy sauce
- Black pepper



Cooking time : 15 min
Preparation time : 20 min
Preheat oven to :



Serves for 4 people



Easy

Bon Appétit !





Fish Stew

By Sharon Vallance

Method

- Chop seafood into bite sized pieces.
- Heat the olive oil and gently soften the garlic, courgettes and tomatoes.
- Add the fish and heat for a few minutes until just cooked.
- Add paprika and other seasoning (you may add chilli if you want to spice it up more)
- Remove seafood with a slotted spoon and put onto a serving dish.
- Heat the pan to reduce the tomato sauce then pour over the fish.
- Serve with rice or pasta and a green salad.



In my shopping basket

- 450g (1lb) seafood e.g. monkfish, raw prawns, squid and scallops
- 300g (12oz) small plum tomatoes, washed and halved
- 1 courgette, washed and sliced
- 3 cloves garlic
- 1 teasp. paprika
- 2 tblsp. olive oil



Cooking time : 10 min
Preparation time : 10 min
Preheat oven to :



Serves for 4 people



Easy

Bon Appétit !






Gaynor Goulash

By Christine Gaynor

Method

- 
- Heat oil in a casserole until very hot.
 - Brown the meat on all sides and transfer to a plate .
 - Turn heat to medium and add the onions.
 - Cook for about 5 minutes.
 - Add the garlic to the casserole and return the meat .
 - Sprinkle in flour and paprika and stir to soak up the juices.
 - Add the tomatoes, season and heat to simmering.
 - Cover with a lid and transfer to the middle shelf of the oven.
 - Cook for 2 hours.
 - De-seed the pepper and cut into strips. Add the pepper into the casserole and cook for a further 30 mins.
 - Stir in the natural yoghurt and sprinkle with paprika just before serving.



In my shopping basket

- 1.5 lb (700g) stewing steak cut into cubes
- 1 tblsp. olive oil
- 2 large onions, chopped
- 1 clove garlic
- 1 tblsp. plain flour
- 1 tblsp. paprika
- 454g (14oz) tin tomatoes
- 1 green pepper
- 125ml (5 fl oz) carton natural yoghurt
- Salt and pepper



Cooking time : 2 hrs 30 mins
Preparation time : 15 mins
Preheat oven to : 3 (170°C)



Serves for 4 people



Easy

Bon Appétit !





Georgia's Pasta With Tomato Sauce

By Georgia Lapping

Method

- Chop the onions, garlic and celery and cook them in the oil until soft.
- Add the tinned tomatoes and season with salt, pepper, bay leaves and herbs.
- Stir over a medium heat.
- Boil the kettle and put the water into the saucepan.
- Add the pasta and cook according to the instructions on the packet.
- Keep checking the tomato sauce and if it starts to become a little dry add water and turn the heat down.
- Drain the pasta in a colander.
- Remove the sauce from the heat and blend with a hand blender until it is smooth.
- Serve with the pasta.



In my shopping basket

- 1 can of chopped tomatoes
- 2 bay leaves
- 1 clove of garlic
- 2 sticks of celery
- 1 onion
- A little olive oil
- 100g (4oz) pasta
- Salt and pepper
- Mixed herbs



Cooking time : 20 min
Preparation time : 15 min
Preheat oven to :



Serves for 2
people



Easy

Bon Appétit !





Greek Salad

By School - L4 Recipe

Method

- To make the dressing, whisk the ingredients together in a bowl or shake in a screw top jar until combined.
- Prepare all the vegetables and then combine in a large bowl.
- Add the olives.
- Pour on the dressing and toss gently to mix.
- Scatter the feta cheese on top and serve garnished with chopped herbs.



In my shopping basket

- 450g (1lb) tomatoes
- 1 cucumber
- 1 large onion, peeled and thinly sliced
- 75g (3oz) black olives
- 200g (8oz) feta cheese
- Dressing:
 - 90ml oil (extra virgin olive oil)
 - 30ml lemon juice
 - 1 garlic clove peeled
 - 30-45ml chopped fresh oregano or basil
 - Pinch sugar



Cooking time :
Preparation time : 15 min
Preheat oven to :



Serves for 4
people



Easy

Bon Appétit !






Hannah's Greek Pasta.

By Hannah Scott

Method

- 
- Preheat oven.
 - Place pasta in a pan of boiling water, bring to boil then simmer for 10 mins.
 - Drain pasta.
 - Meanwhile, put mince in a large frying pan and brown on high.
 - Strain off the liquid.
 - Add pasta, herbs and season with salt and pepper.
 - Simmer for 10 mins.
 - Make a cornflour sauce by blending cornflour with a little milk. Heat up the remaining milk and pour over the cornflour. Return to the pan and bring to the boil stirring all the time until it thickens.
 - Add yoghurt to sauce, stir and then add 2/3 of the grated cheese and the cayenne pepper.
 - Add the drained pasta to the mince and mix well.
 - Pour into an ovenproof dish.
 - Pour the cheese sauce on the top and sprinkle with grated cheese.
 - Bake for 20 mins and then remove the lid and bake for another 10 mins.



In my shopping basket

- 500g (1lb) minced beef
- 200g (8oz) penne/ rigatoni pasta
- 1 large jar passata
- 250ml skimmed milk
- 200g (8oz) Greek yogurt
- 200g (8oz) grated cheese
- 1 tblsp. Italian mixed herbs
- 1 tblsp. cornflour
- 1 teasp. cayenne pepper
- Salt & pepper



Cooking time : 30 mins
Preparation time : 30 mins
Preheat oven to : 3 (170°C)



Serves for 4
people



A Bit Tricky

Bon Appétit !





Herby Garlic Chicken

By Ruth Henderson

Method

- Soften the butter with a wooden spoon.
- Add a crushed garlic clove, 1 tblsp. of freshly chopped herbs, 1 tblsp. lemon juice, salt and pepper to the butter.
- Mix well.
- Make 3 diagonal cuts across each chicken breast.
- Fill each cut with the herby, garlic butter.
- Place the chicken breasts into an oiled ovenproof dish.
- Bake for 20 minutes until the chicken is cooked.



In my shopping basket

- 2 chicken breasts, skin removed
- 50g (2oz) butter
- 1 clove garlic
- Fresh herbs
- Juice of 1 lemon
- Salt and black pepper



Cooking time : 20-30 min
Preparation time : 10 min
Preheat oven to : 5 (190°C)



Serves for 2 people



Easy

Bon Appétit !





Honey and Ginger Chicken

By Pat Ford

Method

- Mix together all the ingredients apart from the chicken.
- Pour the mixture over the chicken breast and leave it to marinade for 2-3 hours.
- Remove the chicken from the marinade and put into a roasting dish.
- Cook the chicken for approx. 30 minutes until the juices run clear.
- Pour the marinade into a pan and boil to reduce.
- Serve with the chicken.



In my shopping basket

- 4 chicken breasts
- 150g (6oz) runny honey
- 1 inch piece fresh ginger
- 1 garlic clove
- 3 tblsp. sweet chilli sauce
- 2 tblsp. soy sauce
- 75ml orange juice



Cooking time : 30 min
Preparation time : 15 min
Preheat oven to : 7 (220°C)



Serves for 4 people



Easy

Bon Appétit !






Imqarrun fil-forn

By Georgina Forster

Method

- 
- Make the white sauce by putting the milk, flour and butter into a medium pan.
 - Whisk over a gentle heat until the sauce bubbles and thickens.
 - Simmer gently for a few minutes.
 - Grate in 1/4 of a whole nutmeg.
 - Meanwhile cook the macaroni in boiling salted water, with a few drops of oil added, for 8-10 minutes.
 - Drain the cooked pasta well.
 - In a dry saucepan heat 1 tblsp. oil, add the crushed garlic. Return the macaroni to the pan and toss it well.
 - Butter a baking dish.
 - Add the macaroni then pour in the bolognaise sauce followed by the white sauce. Stir everything thoroughly so the macaroni is fully coated with both sauces.
 - Bake in the pre-heated oven for 30 - 40 minutes



In my shopping basket

- Ready cooked Bolognaise sauce (see separate recipe)
- 350g (12oz) macaroni
- 50g (2oz) Cheddar cheese, grated
- 40g (1 1/2 oz) butter
- 25g (1oz) plain flour
- 375ml milk
- 1 whole nutmeg
- 1 tblsp. oil
- 1 clove garlic, crushed



Cooking time : 30- 40 min
Preparation time : 25 min
Preheat oven to : 4 (180°C)



Serves for 6
people



Easy

Bon Appétit !






Indian Hot-Pot

By Richard Simmance

Method

- 
- This is a recipe for the creative cook. Quantities can be varied as preferred and ingredients changed at will, so it has been different every time.
 - Prepare a paste of ground ginger, crushed garlic, finely chopped onion, turmeric, salt and pepper.
 - Cut the beef into 2.5cm cubes and add to the paste.
 - Add tarragon vinegar, mix, cover and marinate for 18 hrs.
 - Turn the mixture into a large frying pan and fry gently in the oil for 1 hr until the meat is tender.
 - Add a little stock whenever required.
 - Mix in the spices and herbs to taste and continue to fry gently for a further hour
 - Add tin of tomatoes, raw mushrooms and any other vegetables of your choosing.
 - Continue cooking for 30 mins or until ready.
 - Serve with rice, poppadoms, chapatis, pickled chutneys, onion rings in vinegar, natural yoghurt and cream cheese spiked with cayenne etc.



In my shopping basket

- 500g (1lb) lean braised beef
- 1 large onion
- 2 cloves garlic
- Ground ginger
- Turmeric
- Salt and pepper
- Tarragon vinegar
- 1 large tin tomatoes
- 250g (10oz) mushrooms or
- any other preferred vegetables.
- Olive oil
- Spices: chilli peppers, paprika, garam masala, tabasco, cumin seeds.
- herbs: coriander, bay leaves, parsley, marjoram, rosemary.
- Beef stock cube



Cooking time : up to 3hrs
Preparation time : up to 1hr
Preheat oven to :



Serves for 4
people



A Bit Tricky

Bon Appétit !






Italian Pasta Bake

By School - L4 Recipe

Method

- 
- Put a pan of boiling water on to boil.
 - Meanwhile peel and chop the onions.
 - Wash de-core and chop the pepper.
 - Crush the garlic.
 - Slice the sausage.
 - Cook the pasta in the boiling salted water until tender but stil firm. Check your packet for the cooking time.
 - Rinse cooked pasta under hot water and drain well. Place in a shallow oven proof dish.
 - Meanwhile heat the butter in a pan, fry the onion and garlic gently until soft.
 - Add the tomatoes, tomato puree, peppers and sausage and stir well.
 - Simmer, uncovered for 5 minutes.
 - Season with salt and pepper.
 - Pour sauce over the pasta, stir and cover with slices of cheese.
 - Bake in the oven until golden brown and crispy.



In my shopping basket

- 150g (6oz) pasta shapes
- 50g (2oz) butter/margarine
- 1 onion
- 1 clove garlic
- 2 cans chopped tomatoes
- 1-2 tblsp. tomato puree
- 1 red pepper
- 1 green pepper
- 200g (8oz) smoked sausage
- 10 black olives (optional)
- Salt and pepper
- 100g (4oz) mozzarella cheese



Cooking time : 20 minutes
Preparation time : 30 minutes
Preheat oven to : 4 (180°C)



Serves for 4 people



Easy

Bon Appétit !






Lentil and Cheese Loaf

By Margaret Lambton

Method

- 
- Pre-heat oven.
 - Rinse lentils. Put into a pan of boiling water and cook with the lid on for 10-15 minutes. Do not allow to boil dry.
 - Remove the pan from the heat - it should resemble a thick puree at this stage.
 - Mix in the grated cheese, chopped onion, parsley, cayenne pepper and lemon juice.
 - Season to taste.
 - In a clean bowl lightly beat the egg, stir in the cream and then add to the lentils.
 - Oil a loaf tin and press in the mixture.
 - Bake until the top is golden brown and the mixture feels firm to the touch.
 - Allow to stand for 10 minutes in the tin before turning out.
 - Can also be served cold.



In my shopping basket

- 175g (7oz) red lentils
- 350ml water
- 100g (4oz) grated cheese
- 1 onion, finely chopped
- 1 tblsp. fresh parsley, chopped
- 1/2 teaspoon cayenne pepper
- A little lemon juice
- 1 large egg
- 3 tblsp. single cream
- Salt and freshly ground black pepper



Cooking time : 45-50 min
Preparation time : 15 min
Preheat oven to : 5 (190°C)



Serves for 4
people



Easy

Bon Appétit !





Linguine with Prawns. Spinach and Chilli

By Susan Easton

Method

- Cook linguine according to the instructions on the packet.
- Add the spinach to the pasta for the last 2 minutes of cooking.
- Drain.
- Heat a little oil in a small pan. Add garlic, chilli and prawns and toss together.
- Divide the pasta and spinach between two bowls.
- Spoon the prawn and chilli mixture on top.



In my shopping basket

- 200g (8oz) linguine
- 200g (8oz) spinach
- 200g (8oz) raw peeled prawns
- 1 red chilli, finely sliced
- 1 garlic clove, crushed
- Olive oil



Cooking time : 20 min
Preparation time : 10 min
Preheat oven to :



Serves for 2
people



Easy

Bon Appétit !






Macaroni Cheese

By Olivia Dellow

Method

- 
- Cook the macaroni in a large saucepan of boiling salted water for 8-10 minutes.
 - Drain well and set aside.
 - Melt the butter over a medium heat in a large saucepan.
 - Add the flour and stir to form a roux, cooking for a few minutes.
 - Gradually whisk in the milk, a little at a time. Bring to the boil stirring all the time.
 - Cook for 2-3 minutes to a thickened and smooth sauce.
 - Meanwhile, pre-heat the grill to hot.
 - Remove the sauce from the hob.
 - Add 100g of the grated cheese and stir until the cheese is well combined and melted.
 - Add the macaroni to the sauce and mix well.
 - Transfer to an ovenproof dish.
 - Sprinkle the remaining cheese and the parmesan over the top.
 - Place the dish under the hot grill and cook until cheese is browned and bubbling.
 - Serve straight away.



In my shopping basket

- 250g (8oz) macaroni
- 40g (1.5oz) butter
- 40g (1.5oz) plain flour
- 500ml milk
- 150g (6oz) grated cheese
- 50g (2oz) grated parmesan



Cooking time : 10-20 mins
Preparation time : 20 mins
Preheat oven to :



Serves for 4
people



Easy

Bon Appétit !






Maple Roast Chicken with Potatoes and Peppers

By School - L5 Recipe

Method

- 
- Pre-heat the oven.
 - Peel and chop the onions.
 - Wash the potatoes. Cut into half if too large.
 - Mix the potatoes, onions, garlic cloves and half the oil into a roasting tin.
 - Season with salt and black pepper. Roast for 15 minutes.
 - Mix together the maple syrup, mustard and remaining oil.
 - Wash, de-seed and chop the peppers into large chunks.
 - Wash, top and tail the courgettes. Cut into chunks.
 - Add the pepper, courgettes and thyme to the potatoes.
 - Arrange the chicken portions on top.
 - Brush the chicken generously with the maple syrup mixture.
 - Roast for 45mins to 1 hour until the chicken is golden and sticky and the vegetables are tender.



In my shopping basket

- 750g (1lb) small new potatoes
- 2 small red onions
- 1 head of garlic
- 2 tblsp. olive oil
- 2 tblsp. maple syrup
- 1 heaped tblsp. wholegrain mustard
- 1 large red pepper
- 2 large courgettes
- Few sprigs thyme
- 4 chicken portions



Cooking time : 1-1 1/4 hours
Preparation time : 30 min
Preheat oven to : 6 (200°C)



Serves for 4 people



Easy

Bon Appétit !






Meat Lasagne

By School - U4 Recipe

Method

- 
- Brown the mince in a large pan.
 - Add the onion, mushrooms and peppers and cook for a few minutes more.
 - Stir in the rounded tbsp of plain flour then add the chopped tomatoes, stock, tomato puree and seasoning.
 - Bring to the boil then turn down and simmer for approx. 20 mins.
 - Make the cheese sauce by the all in one method. Put the 3 tbsp. of flour, butter and milk in a pan and bring to the boil whisking all the time.
 - Remove from the heat then stir in most of the cheese saving a little for the top.
 - Put layers of meat sauce, cheese sauce and lasagne into a shallow ovenproof dish finishing with a layer of cheese sauce.
 - Sprinkle with the remaining cheese.
 - Bake for about 30 minutes until piping hot.



In my shopping basket

- 175g (6oz) lasagne
- 100-150g (4-6oz) Cheddar cheese (grated)
- 475ml (3/4 pt) milk
- 3 level tbsp. plain flour
- 25g (1oz) butter
- 375g (12oz) minced beef/lamb
- 1 onion, chopped
- 100g (4oz) mushrooms, sliced
- 1 green pepper, sliced (optional)
- 1 rounded tbsp. plain flour
- 1 can chopped tomatoes
- 100ml water
- 1 stock cube
- 2 tbsp. tomato puree
- Salt and pepper



Cooking time : 30 mins
Preparation time : 20 mins
Preheat oven to : 4 (180°C)



Serves for 4 people



A Bit Tricky

Bon Appétit !





Mexican Chicken

By Dianne Mclean

Method

- Cut the chicken breasts into 1 inch cubes.
- Chop the onion and ginger.
- Grate the coconut cream.
- Heat the oil in a pan and cook the chicken quickly until it browns. Remove from the pan.
- Fry together the onion, ginger and garlic for a few minutes.
- Add the spices and cook together for 1-2 minutes.
- Add the tomatoes, coconut cream, poppy seeds and stock to the pan.
- Bring to the boil stirring all the time.
- Add the chicken and continue to simmer for 25-30 minutes until the chicken is cooked.
- Serve with boiled rice.



In my shopping basket

- 6 chicken breasts
- 2 tblsp. oil
- 1 large onion
- 1 inch piece fresh ginger
- 75g (3oz) coconut cream
- 2-3 cloves garlic
- 1.5 teasp. ground cumin
- 1.5 teasp. ground coriander
- 1.5 teasp. curry powder
- 1 small chilli, seeded and finely chopped
- 1 small tin chopped tomatoes
- 2 tblsp. poppy seeds
- 250ml. chicken stock
- 2 tblsp. natural yogurt
- Salt and pepper



Cooking time : 40 min
Preparation time : 25 min
Preheat oven to :



Serves for 6 people



Easy

Bon Appétit !





Monkfish stuffed with Wild Mushrooms

By Marion Farndale

Method

- Soak porcini in hot water for 20 min.
- Fry fresh mushrooms in butter + 1 tblsp.oil until soft. Add lemon juice, garlic and seasoning.
- Drain porcini mushrooms, reserving water. Tear into small pieces, add to pan and saute 2-3 min. Add half wine and heat until it evaporates.
- Remove from heat, stir in the tarragon. Cover pan and leave for 5-10 minutes to infuse flavours.
- De-rind and stretch the prosciutto thin with a knife blade.
- Lay the prosciutto in slightly overlapping slices in roasting dish. Lay the 2 fish fillets side by side and sandwich together with the mushroom mixture.
- Bring the edges of the ham slices together around the fish, wrapping it as tightly as possible. Secure with cocktail sticks.
- Add remaining oil and wine. Roast 30 min, basting regularly.
- Remove fish from roasting tin and rest 10 minutes.
- Make sauce using fish liquid, porcini liquid and creme fraiche.



In my shopping basket

- 1 kg (2lb) monkfish cut into 2 long fillets
- 200g (8oz) assorted wild mushrooms, finely sliced
- 50g (2 oz) dried porcini mushrooms,
- 25g (1oz) butter
- 3 tblsp. olive oil
- 175ml dry white wine
- 1 tblsp. fresh tarragon (chopped)
- Juice 1/2 lemon
- 1 clove garlic
- 12 slices prosciutto (or streaky bacon)
- Small tub creme fraiche (or soured cream)
- Sea salt
- Black pepper
- Cocktail sticks to secure



Cooking time : 40 min
Preparation time : 30 min
Preheat oven to : 4 (180°C)



Serves for 6 people



A Bit Tricky

Bon Appetit !





Okonomi Yaki

By Yukie Kusaka

Method

- Sieve together the flour, salt and baking powder.
- Mix in the water gently.
- Add all remaining ingredients and mix them together thoroughly.
- Heat the frying pan and lightly oil.
- Spoon the mixture on the frying pan and spread it into a round shape about 1.2cm to 1.5cm thick.
- When air bubbles start to rise in the middle of it, turn it over with a spatula and fry while pressing down on it slightly until done.
- Spread the sauce over.



In my shopping basket

- 2-3 strips cooked bacon
- 3/4 cups cabbage
- 1 teasp. baking powder
- 4 tblsp. plain flour
- 1/2 cup onion
- 3 tblsp. water
- 1 egg
- 50g (2oz) prawns
- Oil
- Pinch salt



Cooking time : 10 min
Preparation time : 10 min
Preheat oven to :



Serves for 1
people



Easy

Bon Appétit !






Parmesan and Spinach Tart

By Robert Hersey

Method

- 
- Make the pastry by the rubbing in method.
 - Bind with the egg yolks and a little water.
 - Wrap the pastry in cling film and chill in the refrigerator for 1 hour.
 - Preheat the oven.
 - Roll out the chilled pastry to line a 25cm flan dish.
 - Using greaseproof paper and baking beans bake blind for 10 minutes.
 - Remove the paper and beans and return to the oven for 5-7 minutes.
 - Reduce the oven temperature to 130C, gas mark 1.
 - Grate the Parmesan (not too finely)
 - Remove stalks from the spinach.
 - Melt the butter in a pan then toss in the spinach leaves for a few moments to wilt.
 - Drain the spinach.
 - Beat together the eggs, egg yolks, cream and mascarpone cheese.
 - Spoon a layer of this mixture into the bottom of the pastry case.
 - Sprinkle with grated parmesan, cover with a layer of spinach, season with pepper. Repeat the layers to fill the flan.
 - Bake until set (20-25 min).



In my shopping basket

- 125g (5oz) Parmesan cheese
- 450g (1lb) large leaf spinach
- 40g (1 1/2 oz) butter
- 2 eggs plus 3 extra egg yolks
- 150ml double cream
- 125g (5oz) Mascarpone cheese
- Black pepper
- Pastry:-
- 200g (8oz) plain flour
- Pinch salt
- 100g (4oz) butter
- 2 egg yolks



Cooking time : 40 min
Preparation time : 30 min
Preheat oven to : 6 (200°C)



Serves for 6 people



A Bit Tricky

Bon Appétit !






Pastitsio

By School - L5 Recipe

Method

- 
- Heat the oil, add the onion and garlic and cook until just beginning to brown.
 - Add the bacon, cut into strips, and cook for 2-3 minutes until crisp.
 - Add the mince and brown it.
 - Put in the aubergine, cook, stirring occasionally, for a few minutes.
 - Stir in the tomatoes, allspice, and half the marjoram with the wine.
 - Bring to the boil. Turn down and simmer for 30 min until the meat is tender.
 - Cook the pasta in boiling water according to packet. Remove from the heat and drain.
 - Spread half the pasta over the base of a shallow ovenproof dish. Sprinkle 1/3 of the cheese over the pasta.
 - Spoon over half of the meat sauce, then repeat .
 - Make the white sauce by the all in one method. Season well.
 - Pour the white sauce over the meat to cover it completely.
 - Mix the breadcrumbs with the remaining cheese and herbs. Sprinkle over the top and bake until golden and bubbling.



In my shopping basket

- 2 tblsp. olive oil
- 2 garlic cloves, chopped
- 225g (8oz) minced lamb
- 1 small aubergine, chopped
- .5 teasp. allspice
- 125ml red wine
- 100g (4oz) parmesan cheese
- 40g (1.5oz) plain flour
- 3 tblsp. white breadcrumbs
- 1 onion, chopped
- 4 rashers streaky bacon
- 400g can chopped tomatoes
- 4 teasp. dried marjoram
- 225g (8oz) penne pasta
- 40g (1.5g) butter
- 425ml milk



Cooking time : 25-30 min
Preparation time : 25 min
Preheat oven to : 5 (190°C)



Serves for 4 people



Easy

Bon Appétit !





Pizza

By School - L4 Recipe

Method

- Sieve the flour into a large bowl.
- Add the salt and dried yeast.
- Heat the water until it is luke warm.
- Add to the flour and mix with a wooden spoon.
- Knead well for 10 minutes. Roll out and line a pizza tray.
- Cover with oiled clingfilm and leave in a warm place.
- Pre-heat the oven.
- Put the tomatoes, onions, garlic and herbs into a small pan.
- Bring to the boil, stirring frequently until the sauce has thickened slightly.
- Remove from the heat.
- Grate cheese.
- Prepare any topping ingredients.
- Remove cling film from the pizza.
- Spread with the tomato sauce and add topping ingredients and cheese.
- Bake 20-25 minutes.



In my shopping basket

- 250g (8oz) strong plain flour
- 1 level teasp. salt
- 1 level teasp. dried yeast
- 150ml luke warm water
- 1 medium onion
- 1 large tin chopped tomatoes
- 2 cloves garlic
- 2 level teasp. dried oregano
- 1 teasp. basil
- 100g (4oz) grated Cheddar or mozzarella
- Toppings:
 - Bacon, ham, tuna, mushrooms, peppers etc



Cooking time : 20-25 min
Preparation time : 25 min
Preheat oven to : 7 (220°C)



Serves for 4 people



Easy

Bon Appétit !





Pork with Mushrooms and Maple Syrup

By Debbie Thompson

Method

- Pre heat oven
- Cut pork into cubes.
- Fry in batches in a large ovenproof casserole for 4-5 minutes until golden.
- Remove from the casserole.
- Reduce heat and stir in chopped onions and chilli. Cook for 5-10 minutes.
- Stir in chopped mushrooms and cook for a further 5 minutes.
- Return the meat to the casserole. Add the maple syrup, vinegar and stock.
- Bring to the boil, cover and cook in the oven for 1 hour.
- Stir in the beans, return to oven for 30 minutes.
- Stir in creme fraiche to serve.



In my shopping basket

- 1.1kg (2lb) pork shoulder steaks
- 3 medium onions
- 1 red chilli
- 225g (8oz) shitake mushrooms
- 2 teasps. plain flour
- 100ml. maple syrup
- 5 teasps. red wine vinegar
- 150ml. hot vegetable stock
- 400g (1lb) black eyed beans
- 5 teasps. creme fraiche



Cooking time : 1.5 hours
Preparation time : 20 min
Preheat oven to : 3 (170°C)



Serves for 6 people



Easy

Bon Appétit !






Prawn Risotto

By Debbie Olyroyd

Method

- 
- Heat the oil and gently fry the onion and garlic until translucent.
 - Add the rice and continue to fry for 2-3 minutes.
 - Add the wine and stir until it has been absorbed.
 - Start to add the stock, little by little stirring until the stock is absorbed after each addition.
 - Stir frequently. This stage should take about 15 minutes.
 - Add the spring onions, continue cooking for 5 minutes then add the prawns and creme fraiche.
 - The finished risotto should be firm (al dente) and not soft and overcooked.
 - Add a squeeze of lemon juice and the basil. Check the seasoning before serving.
 - Grate lemon zest on top.



Cooking time : 25 min
Preparation time : 10 min
Preheat oven to :



Serves for 2
people



Easy



In my shopping basket

- 1 tblsp. olive oil
- 1/2 onion, finely chopped
- 1 clove garlic, crushed
- 150g (6oz) risotto rice
- 75ml white wine
- 750ml warm vegetable stock
- 1 bunch spring onions, finely sliced
- 150g (6oz) cooked prawns
- 3 tblsp. low fat creme fraiche
- Lemon juice
- 1/2 bunch fresh basil, chopped
- Salt and black pepper

Bon Appétit !





Quiche Lorraine

By School - U3 Recipe

Method

- Oil a 6/7 inch flan tin
- Sieve the flour and salt into a mixing bowl, rub in the fat until it resembles breadcrumbs.
- Using a round bladed knife to cut and stir, mix with cold water to form a stiff dough.
- Roll dough on to a floured surface and knead lightly.
- Roll out pastry to fit the flan dish.
- Line flan dish.
- Place half the cheese in the pastry case and cover with ham
- Beat the eggs and milk together, season and pour over the cheese and ham.
- Sprinkle on the remaining cheese.
- Bake for about 40 minutes until set and golden brown.



In my shopping basket

- 100g (4oz) plain flour
- 50g (2oz) butter
- Water to bind
- 100g (4oz) cooked ham
- 75g (3oz) cheese, grated
- 2 medium eggs
- 150ml milk
- Salt and pepper



Cooking time : 40 min
Preparation time : 30 min
Preheat oven to : 5 (190°C)



Serves for 4 people



Easy

Bon Appétit !






Roast Belly Pork

By Maureen Maltby

Method

- 
- Crush cumin and dill seeds in a pestle and mortar with celery salt, salt and pepper.
 - Place garlic, celery, onion, rosemary and coriander in a lightly oiled roasting tin with pork on top, skin side up.
 - Pour over half the sherry.
 - Cover with double foil. Roast for 3 hours.
 - Remove foil. Cool for a few minutes.
 - Separate the two layers of foil and scrunch each into a roll.
 - Tuck rolls round sides of meat leaving the skin on top exposed.
 - Turn oven to 230C, gas 8.
 - Return pork to oven for 30-40 min until skin turns into crisp crackling.
 - Remove from oven. Discard foil. Turn off oven.
 - Wrap pork in double layer of new foil and return to oven for 20-30 minutes.
 - Remove rosemary, coriander and excess fat from the roasting tin. Place over a high heat on the hob, add remaining sherry and 120ml water. Bring to the boil, mashing and stirring for 3 min. Add mustard
 - Slice pork. Serve with sauce.



In my shopping basket

- 1.5 tblsp. cumin seeds
- 2 teasp. dill seeds
- 1 teasp. coriander seeds
- Celery salt
- Sea salt and freshly ground black pepper
- 1.5kg boneless pork belly joint, scored by the butcher
- 1 head garlic
- 4 sticks celery, sliced
- 1 large red onion, cut into thick wedges
- 2-3 sprigs each of rosemary and coriander
- 200ml dry sherry
- 1 tblsp. Dijon mustard



Cooking time : 3 1/2 hours
Preparation time : 20 min
Preheat oven to : 3 (170°C)



Serves for 6 people



Easy

Bon Appétit !





Roast Chicken with Basil and Lemon

By Jane Farndale

Method

- Season the chicken with salt and black pepper.
- Put the chicken pieces into a roasting dish.
- Pour just enough olive oil on to the chicken to moisten and make a shallow pool in the tin.
- Squeeze the lemon juice over the chicken and put the empty lemon halves into the roasting tin too.
- Roast for 30 minutes then tear the basil leaves and add to the chicken.
- Return to the oven for 10 minutes.
- Remove the roasting tin from the oven, pour the wine over the chicken.
- Put the roasting tin onto a hot ring and allow the wine to bubble for a minute.



In my shopping basket

- 6 chicken thighs or drumsticks
- Olive oil
- 2 cloves garlic
- 1 lemon
- Large handful fresh basil
- 1 glass white wine



Cooking time : 40 min
Preparation time : 10 min
Preheat oven to : 6 (200°C)



Serves for 2 people



Easy

Bon Appétit !





Rosemary Chicken with New Potatoes and Olives

By Debbie Thompson

Method

- Place chicken in a large roasting tin and combine with potatoes, onions and garlic.
- Mix together the marinade ingredients and pour over the chicken. Season well with black pepper.
- Cover tin with foil and roast for 45 min.
- Remove foil and add olives. Turn the chicken and vegetables.
- Roast for a further 45 min.
- Garnish with fresh herbs and serve with chunks of crusty bread.



In my shopping basket

- 8 pieces chicken (thighs or legs)
- 400g (1lb) baby new potatoes
- 2 red onions, cut into wedges
- 2 heads garlic, halved
- 150g (6oz) mixed olives
- Marinade
 - 3 tblsp. olive oil
 - 2 tblsp. chopped rosemary
 - 3 tblsp. clear honey
 - 150ml white wine



Cooking time : 1 1/2 hr
Preparation time : 20 min
Preheat oven to : 5 (190°C)



Serves for 4 people



Easy

Bon Appétit !






Salmon Fish Cakes

By School - U4 Recipe

Method

- 
- Pre-heat the oven
 - Spread the breadcrumbs over a baking sheet and dry in the oven for 10-15 minutes until pale golden, stirring ½ way through.
 - Cut the potatoes into chunks. Cook in boiling salted water for 10-15 minutes. Drain well and mash.
 - Put the fish into a frying pan with just enough water to cover. Bring to the boil, turn down the heat, cover and simmer for about 5 minutes until just cooked.
 - Remove the fish and put onto a plate. Remove any skin and bone, flake.
 - Carefully mix the potato, fish, lemon zest, parsley, salt and black pepper.
 - With floured hands shape into round cakes.
 - Beat the egg in a shallow bowl. Coat each fish cake in egg and then in the dried breadcrumbs. Reshape if necessary.
 - Fish cakes can then be cooked by grilling, frying or baking as desired. Make sure they are piping hot before serving.



In my shopping basket

- 50g (2oz) white breadcrumbs
- 1 egg
- 250g (8oz) potatoes (peeled)
- 250g (8oz) salmon
- Grated zest of 1 lemon
- 1 tblsp. chopped fresh parsley
- Salt and pepper
- Flour for dusting



Cooking time : 20 min
Preparation time : 30 min
Preheat oven to : 2 (150°C)



Serves for 4 people



A Bit Tricky

Bon Appétit !





Salmon Loaf

By Pat Ford

Method

- Combine the salmon, breadcrumbs, egg yolks, celery, spring onions, mustard, lemon juice and Worcestershire sauce in a bowl. Mix together.
- Warm the milk in a pan and add the butter to melt. Allow to cool slightly.
- Stir the milk mixture into the salmon mixture.
- Beat the egg whites to peaks. Fold into the salmon mixture.
- Pour into a greased loaf tin.
- Bake until firm.
- Cool in the tin for 10 minutes before turning out.
- Serve warm with a herby mayonnaise made by combining 1/2 cup mayonnaise, 1/4 cup French dressing, 1/4 cup cream, 2 tblsp. lemon juice, 1 teasp. seedy mustard and fresh herbs such as parsley, mint, chives and dill.



In my shopping basket

- 440g (1lb) can red salmon, drained and flaked
- 2 cups of stale breadcrumbs
- 2 sticks celery, finely chopped
- 4 spring onions, chopped
- 3 eggs, separated
- 1 teasp. dry mustard
- 2 tblsp. lemon juice
- 1 teasp. Worcestershire sauce
- 1/2 cup milk
- 15g (1/2oz) butter



Cooking time : 50 min
Preparation time : 10 min
Preheat oven to : 4 (180°C)



Serves for 4
people



Easy

Bon Appétit !





Salmon, Lemon and Spinach Risotto

By Fiona Swift

Method

- Fry onion in olive oil until soft.
- Add risotto rice and stir for one minute until the rice has been coated in the oil.
- Add a small amount of vegetable stock, keep stirring.
- Add the grated lemon rind and the juice of the lemon.
- Continue to gradually add the vegetable stock until it is absorbed (stirring all the time).
- Once the rice is soft (after about 25 mins) add the smoked salmon and cook for 2 minutes.
- Add the spinach and stir until wilted but still bright green.
- Add salt and pepper to taste and serve.



In my shopping basket

- 1 onion, chopped
- 150g (6oz) risotto rice
- 1 lemon
- 150g (6oz) smoked salmon, cut into small strips
- 1 bag of ready washed baby spinach
- 500-750ml hot vegetable stock
- Salt and pepper
- Olive oil for frying



Cooking time : 25 min
Preparation time : 10 min
Preheat oven to :



Serves for 2 people



Easy

Bon Appétit !





Scotty's Summer Salmon

By Jane Scott

Method

- Poach or panfry the salmon fillets then set to one side
- Zest the lemon and finely chop the herbs
- Cook the paparadelle pasta according to the instructions on the packet for the required time then drain.
- Flake the salmon and mix into the pasta.
- Add the herbs, lemon zest and fromage fraise. Gently toss together
- Season with salt and pepper.
- This dish is delicious either hot or cold



In my shopping basket

- 4 skinless salmon fillets
- 1 tub fromage fraise
- 1 lemon
- A large handful of fresh herbs
- 200g (8oz) fresh paparadelle pasta (ribbons)



Cooking time : 12 min
Preparation time : 5 min
Preheat oven to :



Serves for 4 people



Easy

Bon Appétit !





Shepherds Pie

By School- U3 Recipe

Method

- Dry fry the mince in a large pan until evenly browned. Drain off any excess fat.
- Add the onion, celery, marjoram and flour. Cook for 1-2 minutes.
- Add the Worcestershire sauce, tomato puree, stock, salt and pepper. Bring to boil, then reduce the heat.
- Stir well and simmer uncovered for 30 minutes until the meat is tender and the sauce reduced and thickened.
- Stir in the parsley, season with salt and pepper
- Meanwhile, peel the potatoes. Cook in a pan of boiling salted water for 12-15 minutes until tender.
- Drain well, then return to pan,
- Mash potatoes until they have no lumps. Add the milk, butter, nutmeg, salt and pepper.
- Put the mince into a large ovenproof dish.
- Place spoonfuls of the potato evenly over the top,
- Make fork markings on the top of the potato.
- Bake for 25-30 minutes until the top is crisp and golden.



In my shopping basket

- 1 large onion, chopped
- 500g (1lb) minced beef or lamb
- 1 tblsp. chopped celery leaves
- 1 tblsp. chopped fresh marjoram
- 1 teasp. plain flour
- 2 tblsp. Worcestershire sauce
- 1 tblsp. tomato puree
- 250ml (1/2pt) stock
- 3 tblsp. chopped fresh parsley
- Salt and pepper



Cooking time : 45min
Preparation time : 20min
Preheat oven to : 5 (190°C)



Serves for 4 people



Easy

Bon Appétit !





Slaw Stuffing Balls

By Richard Simmance

Method

- This is an accessory dish for Christmas dinner.
- Mash together the breadcrumbs, mustard and most of the egg.
- Stir in the onion, coleslaw and olives.
- Season well.
- Form into 8 firm balls.
- 1 hour before the turkey is ready, place balls around it, covering well with oil.
- Alternatively cook on a separate baking tray.



In my shopping basket

- 100g (4oz) white breadcrumbs
- 1 egg, lightly beaten
- 100g (4oz) coleslaw
- 75g (3oz) onion, grated
- 6 stuffed green olives, sliced
- 2 level tablesp. made mustard
- Large pinch of salt
- Black pepper to taste



Cooking time : 1hr
Preparation time : 15-20mins
Preheat oven to : 4 (180°C)



Serves for 6 people



Easy

Bon Appétit !






Smoked Fish and Broccoli Pie

By Suzanne Woolley

Method

- 
- Cook the potatoes in a pan of boiling water for 10-15 mins until tender, drain and set aside.
 - Meanwhile make the sauce with the milk, flour and butter by the all-in-one method.
 - Beat in the fromage frais.
 - Stir in the broccoli florets and cook for 5 mins.
 - Add the smoked fish and cook for a further 2-3 mins.
 - Add most of the cheese and the cayenne pepper.
 - Heat gently, stirring until the cheese melts.
 - Spoon the mixture into an ovenproof dish.
 - Pre-heat the grill.
 - Cover the broccoli and fish mixture with potato slices and sprinkle over the remaining cheese.
 - Grill for 5 mins until the topping is bubbling and golden brown.
 - Serve hot.



In my shopping basket

- 500g (1lb) potatoes
- 25g (1oz) butter
- 25g (1oz) plain flour
- 300ml milk
- 150g (6oz) carton fromage frais
- 250g (9oz) broccoli florets
- 350g (12oz) smoked fish (haddock or cod) cut into chunks.
- 115g (4oz) mature cheddar (grated)
- Large pinch of cayenne pepper
- Salt and freshly ground black pepper



Cooking time :
Preparation time : 30 min
Preheat oven to :



Serves for 4
people



Easy

Bon Appétit !





Spaghetti Bolognaise

By School - L4 Recipe. Photograph by Charlotte Tovee

Method

- Brown the mince in a large pan.
- Add the vegetables and cook together for a further 5 mins.
- Add the flour and stir in well.
- Make up the stock and add to the mince with the chopped tomatoes, tomato puree and seasoning.
- Bring to the boil and simmer for 20-30 minutes.
- Cook the spaghetti in boiling salted water for 10 minutes.



In my shopping basket

- 454g (1lb) minced beef
- 1 onion
- 100g (4oz) mushrooms
- 1 green pepper
- 1 rounded tblsp. plain flour
- 1 large can chopped tomatoes
- 1 beef stock cube
- 100ml water
- 2 tblsp. tomato puree
- Salt and pepper
- 200g (8oz) spaghetti



Cooking time : 30 min
Preparation time : 20 min
Preheat oven to :



Serves for 4 people



Easy

Bon Appétit !






Spicey Chicken Tortillas

By Laura Pearson

Method

- 
- Mix together the oil, chilli powder, paprika, sugar, lime zest and juice.
 - Cut the chicken into 4 strips.
 - Place the chicken into a large flat dish and coat with the chilli mixture. Cover with cling film and leave in refrigerator until ready to cook.
 - Grill the chicken for 4 minutes each side (or until cooked through).
 - Sieve the flour and salt into a bowl.
 - Rub in the lard.
 - Add the water to form a dough.
 - Divide into 4 balls.
 - Roll out each to 6" circle and trim to neaten.
 - Cook 1½ -2 minutes on each side on a hot griddle or heavy frying pan.
 - As the tortillas cook wrap each one in foil and place in the oven to keep warm.
 - Serve with Avocado Salsa, lettuce and yogurt.



In my shopping basket

- Flour Tortillas
- 100g (4oz) plain flour
- Pinch salt
- 15g (.5oz) lard
- 60ml. water
- Chicken Kebab
- 1 tblsp. veg. oil
- 1 teasp. mild chilli powder
- 1 teasp. paprika
- Pinch sugar
- Zest & juice ½ lime
- 1 large chicken breast



Cooking time : 20 min
Preparation time : 20 min
Preheat oven to : 4 (180°C)



Serves for 2
people



A Bit Tricky

Bon Appétit !





Stuffed Peppers

By School - L4 Recipe

Method

- Wash the peppers, then chop the top off and rinse out the seeds.
- Cook the rice for 10 min in boiling water.
- While the rice is cooking, brown the mince in a saucepan, add the onions and garlic and cook for a further 3 min.
- Add the chopped tomatoes.
- Remove from the heat and add the drained rice and the parsley.
- Divide the mixture equally between the peppers.
- Place in an ovenproof dish and then cook for 5-10 min in the oven.



In my shopping basket

- 4 peppers
- 50g (2oz) rice
- 2 garlic cloves
- 1 onion, chopped
- 2 tblsp. olive oil
- 50g (2oz) breadcrumbs
- 1 tblsp. chopped parsley
- 1 tin chopped tomatoes
- 100g (4oz) mince
- Salt and pepper



Cooking time : 10 min
Preparation time : 20 mins
Preheat oven to : 5 (190°C)



Serves for 4 people



A Bit Tricky

Bon Appétit !






Toad in the Hole

By Sophie Higgins

Method

- 
- Sieve the flour into a bowl and break in the egg.
 - Gradually add half the milk into the bowl, whisking the mixture all the time, to form a smooth batter.
 - Pour in the remaining milk, beat until it's a smooth mixture
 - Leave the mixture to rest for half an hour
 - With a fork prick the sausages
 - Pour the oil into a roasting tin and place in the preheated oven
 - When the fat is sizzling add the sausages and cook for 10-15 minutes
 - Pour the batter into the roasting tin and bake for 40-45 minutes, until the batter is well risen and golden.



In my shopping basket

- 1 tblsp. corn oil
- 8 good quality pork sausages
- 100g (4oz) plain flour
- 1 large egg
- 250ml milk
- A pinch of salt and pepper



Cooking time : 55 Mins
Preparation time : 15 min
Preheat oven to : 7 (220°C)



Serves for 4
people



Easy

Bon Appétit !






Tuna Lasagne.

By School - U3 Recipe

Method

- 
- Melt the butter in a large saucepan. Add the finely chopped onion and cook for 4-5 minutes or until golden in colour.
 - Sprinkle in the flour and cook, stirring constantly for 2 minutes.
 - Remove from the heat and stir in the milk.
 - Season with salt and pepper then return the pan to the heat and cook, stirring constantly until the sauce coats the back of the spoon.
 - Stir in the mustard, Worcestershire sauce, cheese and tuna ,cook for a further 2 minutes.
 - Grease a medium size overproof dish with the butter.
 - Place a layer of tuna sauce on the bottom of the dish.
 - Cover with a layer of lasagne and then a layer of tomatoes. Continue making layers ending with a layer of tuna sauce.
 - Sprinkle the grated cheese over the top. Garnish with slices of tomato.
 - Cover with foil.
 - Bake for 25 mins
 - Remove the foil and bake for a further 15-20 mins or until golden.



In my shopping basket

- 175g (6oz) lasagne sheets
- 6 tomatoes, sliced
- 50g (2oz) grated cheese
- 50g (2oz) butter
- 1 onion, finely chopped
- 50g (2oz) plain flour
- 600ml (1pt) milk
- Salt and black pepper
- 1/2 teasp. mustard
- 1 teasp. Worcestershire sauce
- 175g (6oz) cheddar cheese
- 400g (14oz) tinned tuna, drained and shredded



Cooking time : 1 hour.
Preparation time : 15 mins.
Preheat oven to : 4 (180°C)



Serves for 6
people



A Bit Tricky

Bon Appétit !





Turkey and Pepper Plait

By School - U4 Recipe

Method

- Prepare the vegetables
- Cut the turkey into thin strips
- Fry turkey, onion and pepper to soften in some melted butter.
- Add the mushrooms and mixed herbs
- Remove the pan from the heat and add the grated cheese
- Roll the pastry to a rectangle 14x10 inches
- Place the filling down the centre of the pastry
- Brush the outer edges with beaten egg.
- Make cuts from the pastry edge towards the filling.
- Fold in the edges and form a plait
- Brush pastry with the remaining egg
- Bake until golden brown.



In my shopping basket

- 200g (8oz) ready made flaky or puff pastry
- 100g (4oz) gouda cheese, grated
- 200g (8oz) turkey breast
- 75g (3oz) mushrooms, sliced
- 1 teasp. mixed herbs
- 1 egg
- 1 onion, chopped
- 1 red pepper, chopped
- 25g (1oz) butter



Cooking time : 20-30 mins
Preparation time : 20 mins
Preheat oven to : 6 (200°C)



Serves for 6 people



A Bit Tricky

Bon Appétit !





Turkish Lamb Casserole

By Pat Ford

Method

- Heat the oil in a large pan.
- Fry the onions and garlic until beginning to colour.
- Remove from the pan.
- Add the meat and cook until it browns.
- Return the onions and garlic to the pan with the courgettes and okra.
- Then add the tomatoes, tomato puree, herbs, spices, stock and seasoning.
- Cover and simmer for 1 hour until the meat is tender adding more stock if it begins to dry out.



In my shopping basket

- 1 tblsp. olive oil
- 2 onions, sliced
- 2 cloves garlic, crushed
- 450g (1lb) lean lamb, cut into 1 inch cubes
- 225g (8oz) okra (ladies fingers)
- 2 large courgettes, cut into chunks
- 400g (14oz) can chopped tomatoes
- 1-2 tblsp. tomato puree
- 2 bay leaves
- 1 tblsp. fresh oregano
- 1/2 teasp. ground cinnamon
- 300ml stock
- Salt and pepper



Cooking time : 1 hr
Preparation time : 15 min
Preheat oven to :



Serves for 4 people



Easy

Bon Appétit !






Vegetarian Curry.

By Ann Winks.

Method

- 
- Heat a tablespoon of oil in a large saucepan and cook the onions, sweet potato and celery until softened.
 - Stir in the curry paste and flour and cook for 1 minute.
 - Pour in 400ml water gradually, stirring all the time and bring to the boil.
 - Add the green beans, salad onions, peppers, mushrooms and coconut cream and cook for a further 5 minutes.
 - Add the baby sweetcorn.
 - Check all the vegetables are cooked before serving.
 - Serve with rice.



In my shopping basket

- 1 onion, finely chopped.
- 100g (4oz) celery, finely sliced.
- 2-3 tblsp. madras curry paste.
- 1 tblsp. plain flour.
- 1 large sweet potato, peeled and cut into 1cm slices.
- 2 red peppers, deseeded and sliced.
- 125g (5oz) mushrooms, wiped and sliced.
- 375g (11oz) can baby corn cobs.
- 50g (2oz) green beans, sliced.
- 1 bunch salad onions, chopped
- 100ml coconut cream.



Cooking time : 15 min
Preparation time : 20 min
Preheat oven to :



Serves for 4
people



Easy

Bon Appétit !





Vegetarian Shepherd's Pie

By Joanna Stead

Method

- Fry the leek and carrots in the oil over a low heat for 10 mins untill soft.
- Then add the tomatoes, water, herbs, mushrooms and lentils to the pan, cook for 20-25 mins or until the lentils are soft.
- Stir in the Worcestershire sauce.
- Then add in a small can of baked beans and cook for another 5 mins.
- Then transfer it to a baking dish.
- Boil the potatoes then drain them.
- Add the butter and milk to the potatoes then mash them.
- Spread the mash over the lentil mixture, add grated cheese on top.
- Bake in the oven for 15-20 min.



In my shopping basket

- 2 tblsp olive oil
- 1 leek, sliced
- 2 carrots, grated
- 2 cloves garlic
- 50g (2oz) sliced mushrooms
- 100g (4oz) red lentils
- 1 small tin chopped tomatoes
- 1 small tin baked beans
- Pinch thyme
- 1 bay leaf
- 1 tblsp. Worcestershire sauce
- Salt and pepper
- 1kg (2lb) potatoes
- A little milk
- 25g (1oz) butter
- 50g (2oz) grated cheese



Cooking time : 1 hour
Preparation time : 30 min
Preheat oven to : 6 (200°C)



Serves for 4-6 people



Easy

Bon Appétit !






Venison Sausage Casserole

By Anne Hughes

Method

- 
- Peel the shallots and garlic but leave whole.
 - Heat the oil in a large flameproof casserole dish.
 - Add the sausages to the dish and cook until they have browned. Remove from the casserole dish and put to one side.
 - Brown the bacon, garlic and shallots in the casserole.
 - Crush the juniper berries slightly and add to the casserole with the sausage, wine and herbs. Season with salt and black pepper.
 - Bring to the boil, add the lid and turn down to simmer. Cook slowly for 30 minutes.
 - Add the mushrooms and cook uncovered for a further 20 minutes.
 - Put the sausages and vegetables into a warm serving dish.
 - Soften the butter and add the flour and mustard powder. Whisk this a little at a time into the liquid left in the casserole.
 - Bring back to the boil and let the sauce cook for a few minutes. Add the sausages and vegetables and mix in the redcurrant jelly.
 - Serve with fluffy mashed potato.



In my shopping basket

- 450g (1lb) venison sausages
- 10ml olive oil
- 250g (8oz) diced bacon
- 250g (8oz) shallots
- 1 garlic clove
- 10ml juniper berries
- 250ml (1/2 pt) red wine
- 1 teasp thyme (chopped)
- 2 bay leaves
- 150g (6oz) mushrooms
- 15g (1/2 oz) plain flour
- 1 teasp mustard powder
- 25g (1oz) butter
- 15ml redcurrant jelly
- Salt
- Black pepper



Cooking time : 55 min
Preparation time : 15 min
Preheat oven to :



Serves for 3 people



A Bit Tricky

Bon Appétit !





Wild Mushroom Risotto

By Lucy Taylor

Method

- Wash and slice the courgette, mushrooms and red pepper into thin slices.
- Grate the parmesan cheese.
- Heat the oil in a pan, add the onion and cook until beginning to soften.
- Add the risotto rice to the pan and stir well.
- Add 1/3 of the stock and stir.
- Bring to the boil and turn down to simmer.
- After 10 min add the vegetables and more stock.
- Leave the risotto rice to cook for a further 20 min, stirring it regularly.
- When the risotto is fully cooked stir in 50g of butter and 3/4 of the cheese.
- Serve the risotto with the rest of the cheese sprinkled on top.



In my shopping basket

- 1 glass of white wine
- 225g (8oz) risotto rice
- 2 tblsp. olive oil
- 1 onion
- 1 litre of vegetable stock
- 50g (2oz) wild mushrooms
- 75g (3oz) parmesan cheese
- 50g (2oz) peas
- 1/2 courgette
- 1/2 red pepper
- 50g (2oz) butter



Cooking time : 30-40 min
Preparation time : 20 min
Preheat oven to :



Serves for 4 people



A Bit Tricky

Bon Appétit !






Apple and Blueberry/ Peach and Raspberry Loaf

By School - U4 Recipe

Method

- 
- Oil and line a loaf tin with greaseproof paper.
 - Sieve the flour into a food processor and add the butter. Mix until the mixture looks like breadcrumbs.
 - Add the sugar and eggs and whizz again to make a smooth mixture. Add a little milk if the mixture looks too dry.
 - Place half the cake mixture into the loaf tin, spread out the mixture then cover with half the fruit.
 - Spread the remaining cake mixture over the fruit. Decorate with the remaining fruit.
 - Bake for 1 hour or until golden brown, risen and firm.
 - Whilst the cake is still hot put the apricot jam into a small bowl and microwave on full power for 20 seconds to melt.
 - Brush the jam over the warm cake.
 - Leave the cake to cool for 10 minutes in the tin then turn it out onto a wire rack to cool completely.



In my shopping basket

- 125g (4oz) butter
- 225g (8oz) self-raising flour
- 175g (6oz) caster sugar
- 2 eggs
- 2 eating apples or 2 peaches, thinly sliced
- 125g (4oz) blueberries or raspberries
- 2 tbsp. apricot jam



Cooking time : 1 hour
Preparation time : 30 mins
Preheat oven to : 5 (190°C)



Serves for 8
people



Easy

Bon Appétit !





Apple Brown Betty

By Jill Patterson

Method

- Toss bread cubes and melted butter together.
- Combine the honey, cinnamon, lemon rind and water.
- Reserving some of the bread for the topping, place half of the remaining mixture in bottom of the baking dish.
- Top with half the fruit; pour half the honey mixture over fruit.
- Repeat layers.
- Top with reserved bread cubes.
- Bake until apples are tender and top is browned.
- Serve warm with whipped cream.



In my shopping basket

- 2 cups bread cubes
- 6 tblsp. butter or margarine, melted.
- 6 cups sliced apples or any seasonal fruit.
- 1 cup honey
- 1 teasp. cinnamon
- Grated rind of lemon
- 1/4 cup cold water
- 125ml whipped cream



Cooking time : 35-40 mins
Preparation time : 15-20 min
Preheat oven to : 4 (180°C)



Serves for 4 people



Easy

Bon Appétit !





Apple Sponge Flan

By School - L4 Recipe

Method

- Pre-heat the oven.
- Oil an 8" sponge flan tin. Line the centre with greaseproof paper.
- Sieve the flour onto a plate.
- Whisk the eggs and sugar with electric beaters until very thick, white and creamy.
- Gently fold in the flour with a metal spoon. Pour into the tin.
- Bake for approx. 10 minutes until golden brown. Leave in the tin for a few minutes then turn onto a wire tray to cool.
- Cut the apples into quarters; remove the peel, core and slice. Put into a pan with 4 tblsp. water and simmer very gently with the lid on until soft. Add the sugar and beat well until smooth.
- Put the stewed apple into the flan case.
- When the flan is completely cold, decorate with the whipped cream.



In my shopping basket

- 2 eggs
- 50g (2oz) caster sugar
- 50g (2oz) plain flour
- 500g (1 lb) cooking apples
- 75g (3oz) sugar
- Small carton whipping cream (optional)



Cooking time : 10 min
Preparation time : 15 min
Preheat oven to : 6 (200°C)



Serves for 4-6
people



A Bit Tricky

Bon Appétit !





Bakewell Tart

By School - U4 Recipe

Method

- Make the pastry by the rubbing in method and use it to line a 23cm (9inch) flan dish.
- Spread the bottom of the pastry case with the jam.
- Cream the margarine and sugar together until light and creamy.
- Add the beaten egg.
- Fold in the almonds.
- Spread the almond mixture into the flan dish.
- Bake for 30 minutes until the filling is firm to the touch.



In my shopping basket

- 200g (8oz) plain flour.
- 100g (4oz) fat (1/2 butter and 1/2 lard).
- Water to bind.
- 2 eggs
- 100g (4oz) softened butter
- 100g (4oz) sugar
- 100g (4oz) ground almonds
- 2 tblsp. raspberry jam



Cooking time : 30 mins
Preparation time : 30 mins
Preheat oven to : 6 (200°C)



Serves for 6 people



A Bit Tricky

Bon Appétit !





Banoffee Pie

By Claudia Thompson

Method

- Put the cans of condensed milk into a pan of boiling water. Simmer for 2 hours to caramelize. Leave to cool.
- Alternatively Nestle now make tins which have already been caramelised.
- Make the pastry by the rubbing in method and use it to line a 23cm (9inch) flan dish.
- Place a piece of greaseproof paper and baking beans inside the pastry case.
- Bake blind for 10-15 minutes.
- Allow to cool.
- Slice the bananas and cover the base of the cooled pastry case.
- Cover with the caramelised condensed milk and spread it round.
- Whip the cream until it is light and fluffy and spread over the top of the caramel.
- Decorate with grated chocolate.



In my shopping basket

- 200g (8oz) plain flour.
- 100g (4oz) fat (1/2 butter and 1/2 lard).
- Water to bind
- 2 bananas
- 2 tins of condensed milk
- Grated chocolate
- 1 small pot whipping cream



Cooking time : 10-15 min
Preparation time : 20 min
Preheat oven to : 5 (190°C)



Serves for 8-10 people



Easy

Bon Appétit !






Berry Pavlova

By Nathalie Matthews

Method

- 
- Cover a baking sheet with baking parchment.
 - Whisk the egg whites until they form stiff and shiny peaks.
 - Gradually add the sugar a little at a time whisking all the time until the meringue is stiff and glossy and stands up in peaks.
 - Whisk in the cornflour and vinegar.
 - Spoon the mixture onto the baking parchment and form a circle about 20cm in diameter.
 - Put the meringue into the oven, turn the temperature down to 120C, gas mark 1
 - Cook for 1- 1.5 hours.
 - Turn the oven off and leave the meringue inside until it is cold.
 - Carefully peel off the baking parchment and put the pavlova on a serving dish.
 - Whip the cream with the vanilla and lemon zest .
 - Spoon onto the pavlova.
 - Decorate with a mixture of blackberries, raspberries and strawberries.



In my shopping basket

- 4 egg whites
- 225g (8oz) caster sugar
- 1 teasp. cornflour
- 1 teasp. white wine vinegar
- 1 teasp. vanilla extract
- 284ml. carton whipping cream
- Zest 1 lemon
- 450g (1 lb) mixed berries



Cooking time : 90 min
Preparation time : 15 min
Preheat oven to : 4 (180°C)



Serves for 6
people



A Bit Tricky

Bon Appétit !





Butternut Squash Muffins

By Keiandra Lowery

Method

- Line the muffin tins with paper cases.
- Put the squash in a food processor and process until finely chopped.
- Add the sugar, eggs, flour, baking powder, walnuts, cinnamon and olive oil.
- Process until combined but do not overmix.
- Fill the paper cases with the cake mixture.
- Bake in the preheated oven until cooked
- Remove from the oven and leave the cakes to cool on a wire rack.
- Sprinkle with icing sugar.



In my shopping basket

- 900g (10oz) butternut squash
- 950g (12oz) soft brown sugar
- 4 large eggs
- 300g (10oz) plain flour
- 2 heaped teaspoons baking powder
- A few walnuts
- 1 teasp. ground cinnamon
- 175ml olive oil



Cooking time : 20-25 mins
Preparation time : 20mins
Preheat oven to : 4 (180°C)



Serves for 12 people



Easy

Bon Appétit !





Chocolate Brownies

By Charlotte Atherton

Method

- Preheat the oven.
- Line a tin 24 x 24 cm. with greasproof paper.
- Melt the butter and chocolate in a large pan. Allow to cool slightly.
- Beat the eggs with the sugar and vanilla extract in a bowl until light and fluffy.
- Sieve the flour and salt into a bowl.
- Add the chocolate to the egg and sugar mixture, and then fold in the flour.
- Pour the mixture into the baking tray.
- Bake until the top is a paler brown and the middle is dark and gooey.
- Cool on a cooling rack before cutting and serving.



In my shopping basket

- 190g (7oz) soft butter
- 190g (7oz) dark chocolate
- 3 large eggs
- 1/2 teasp. vanilla extract
- 250g (10oz) caster sugar
- 110g (4oz) plain flour
- 1/2 teasp. salt



Cooking time : 25min
Preparation time : 20 min
Preheat oven to : 4 (180°C)



Serves for 6
people



Easy

Bon Appétit !





Chocolate Cake

By Jenny Thomas

Method

- Preheat the oven then grease and line 2 x 20cm cake tins.
- Blend the cocoa with the boiling water to make a smooth paste.
- Put the flour, BP, sugar, margarine, eggs, and the cocoa mixture into a mixing bowl and beat with a wooden spoon until light and fluffy.
- Divide the mixture between the 2 tins and bake until well risen and spongy.
- Turn onto a cooling rack and leave to cool.
- For the icing: Put the butter, chocolate and milk in a bowl and melt in the microwave.
- Add the sieved icing sugar.
- Spread over the middle and top of the cake.



In my shopping basket

- 50g (2oz) cocoa
- 6 tblsp. boiling water
- 150g (6oz) self raising flour
- 150g (6oz) caster sugar
- 2 teasp. baking powder
- 150g (6oz) soft margarine
- 3 eggs
- 200g (8oz) icing sugar
- 50g (2oz) plain chocolate
- 25g (1oz) butter
- 2 tblsp. milk



Cooking time : 25 mins
Preparation time : 15 mins
Preheat oven to : 4 (180°C)



Serves for 8
people



Easy

Bon Appétit !





Chocolate Crispy Easter Nests

By School - U3 Recipe

Method

- Put the butter, golden syrup and chocolate into the saucepan and heat gently, stirring with the wooden spoon, until melted.
- Take the pan off the heat and stir in the cereal and mix well.
- Place bun cases in tray and divide the mixture between them.
- Decorate with mini eggs and refrigerate until set.



In my shopping basket

- 75g (3oz) butter
- 200g (8oz) chocolate
- 3 tblsp. golden syrup
- 125g (5oz) toasted rice breakfast cereal
- 1 packet of mini eggs



Cooking time :
Preparation time : 15 min
Preheat oven to :



Serves for 6
people



Easy

Bon Appétit !





Chocolate Flake Cake

By School - L5 Recipe

Method

- Sieve the flour and ground almonds together.
- Add the remaining ingredients to the bowl and mix together until light and fluffy.
- Spread the mixture into a 1 lb. loaf tin.
- Cook until an inserted skewer comes out clean.
- If desired decorate the cooled cake with butter icing and crumble a flake on top.



In my shopping basket

- 2 eggs
- 100g (4oz) caster sugar
- 100g (4oz) margarine
- 50g (2oz) SR flour
- 50g (2oz) coconut
- 50g (2oz) ground almonds
- 1 chocolate flake



Cooking time : 40 min
Preparation time : 15 min
Preheat oven to : 3 (170°C)



Serves for 8
people



Easy

Bon Appétit !






Chocolate Fudge Pudding

By Eleanor Swinburne

Method

- 
- Preheat the oven
 - Oil a large ovenproof dish
 - Dissolve the coffee in the boiling water
 - Cream the butter and sugar in a bowl until light and fluffy
 - Add beaten eggs a little at a time. Beat well. Add vanilla extract
 - Sieve in the flour and cocoa, stir in the coffee.
 - Spoon the mixture into the dish.
 - Make the sauce by mixing the brown sugar and cocoa in a bowl. Stir in hot water and pour over sponge
 - Place the dish into a roasting tin. Pour boiling water into the tin halfway up the sides of the dish
 - Cook for approximately 45 min until well risen and spongy
 - Dust the top of the pudding with icing sugar before serving.



In my shopping basket

- 1 teasp. instant coffee
- 1.5 tblsp boiling water
- 110g (4oz) soft butter
- 110g (4oz) caster sugar
- 2 medium eggs
- 1/2 - 1 teasp. vanilla extract
- 110g (4oz) self-raising flour
- 25g (1oz) cocoa
- Icing sugar to dust
- SAUCE
- 1 level tblsp cocoa powder
- 110g (4oz) soft brown sugar
- 150ml (25pt) hot water



Cooking time : 45 mins

Preparation time : 20 min approx

Preheat oven to : 4 (180°C)



Serves for 4 people



A Bit Tricky

Bon Appétit !




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Christmas Almond Stars

By School - L4 recipe

Method

- 
- Whisk the egg whites in a clean bowl until stiff.
 - Gradually whisk in the sieved icing sugar.
 - Put 2 heated teasp. of this mixture into a little bowl and set aside.
 - Stir the ground almonds and cinnamon into the large bowl. The mixture should be slightly soft but not sticky.
 - Sprinkle icing sugar onto the table and roll out mixture to 5mm thick. Use a star cutter to cut out stars and place onto a baking tray lined with non-stick baking parchment. Dip the cutter into icing sugar to stop mixture sticking to it.
 - Brush each star with a little of the reserved egg mixture.
 - Bake until crisp on the outside and soft in the centre.



In my shopping basket

- 250g (8oz) ground almonds
- 2 eggs whites
- 160g (6oz) icing sugar
- 1/2 teasp. cinnamon
- 1 sheet of non-stick baking parchment



Cooking time : 30 min
Preparation time : 20 min
Preheat oven to : 1 (140°C)



Serves for 20 people



A Bit Tricky

Bon Appétit !






Christmas Cake

By School - L5 Recipe

Method

- 
- Prepare and line with greaseproof paper an 8 inch deep cake tin.
 - Cream together the butter and sugar until soft and creamy.
 - Gradually add the eggs, beating in well after each addition.
 - Fold in the sieved flour.
 - Add the fruit and brandy.
 - Transfer the mixture to the prepared tin and smooth the top.
 - Bake in the centre of the oven until a skewer comes out clean, turning the oven down if the top begins to brown too much.
 - Decorate with marzipan and icing as desired.



In my shopping basket

- 200g (8oz) butter
- 200g (8oz) sugar
- 5 eggs
- 450g (1lb) currants
- 200g (8oz) raisins
- 100g (4oz) ground almonds
- 100g (4oz) glace cherries
- 50g (2oz) mixed peel
- 200g (8oz) plain flour
- ¼ tsp. BP
- ½ tsp. browning
- ½ tsp. mixed spice
- 4 tbs. brandy



Cooking time : 3-3 ½ hours
Preparation time : 40 min
Preheat oven to : 4 (180°C)



Serves for
people



Easy

Bon Appétit !






Christmas Cookies

By School - U4 Recipe

Method

- 
- Put the butter and both sugars into a large bowl and beat them together with a wooden spoon until creamy and fluffy.
 - Add the egg and vanilla essence and beat well.
 - Sieve in the flour, baking powder and salt and beat again until well combined.
 - Break the chocolate into big chunks. Add to the mixture with the cranberries.
 - Line 2 trays with baking parchment.
 - Lightly flour your hands. Form half the dough into 10 balls about the size of a walnut.
 - Place on the baking sheets spacing them well apart.
 - Bake until light golden brown and just set.
 - Take the trays out of the oven and let them cool for a few minutes before removing the cookies.
 - Leave to cool on a wire tray.
 - Store in an airtight tin for 2-3 days.



In my shopping basket

- 100g (4oz) softened butter
- 100g (4oz) caster sugar
- 100g (4oz) light muscovado sugar
- 1 egg
- 1 teasp vanilla essence
- 175g (6oz) plain flour
- ½ teasp. baking powder
- ¼ teasp. salt
- 140g (5oz) white chocolate
- 75g (3oz) packet dried and sweetened cranberries
- 2 sheets non stick baking parchment



Cooking time : 10-12 min
Preparation time : 20 min
Preheat oven to : 5 (190°C)



Serves for 20 people



Easy

Bon Appétit !





Dropped Scones

By Simra Kaleem

Method

- Sieve the flour and salt into a bowl, rub in the margarine, and stir in the sugar.
- Beat the egg and milk and add to the flour a little at a time, beating with a whisk until smooth.
- Heat the griddle or a heavy based frying pan with a little lard or oil.
- Drop tablespoons of the mixture on to the griddle or pan and cook for about 3 minutes on each side. Cook about three at a time.
- When the scones are cooked, pile them into a clean tea towel to keep them warm and moist.
- Serve as soon as possible.



In my shopping basket

- 125g (4oz) S.R flour
- Pinch of salt
- 15g (1/2oz) margarine
- 50g (2oz) sugar
- 1 egg
- 4 tblsp. milk
- A little lard or oil for frying



Cooking time : 5-10 mins
Preparation time : 5 mins
Preheat oven to :



Serves for 4 people



Easy

Bon Appétit !






Easter Muffins

By School - U4 Recipe

Method

- 
- Pre-heat the oven.
 - Put the dried fruit into a bowl, add the zest and juice and microwave on medium for 2 minutes.
 - Line 12 deep muffin tins with paper muffin cases.
 - Beat together the butter, sugar, eggs, flour, spice and milk until light and fluffy. Stir in fruit.
 - Half fill the muffin cases with the cake mixture.
 - Divide the marzipan into 12 equal pieces, roll into balls, then flatten to the size of the muffin cases.
 - Put one into each muffin case and spoon the rest of the mixture on top.
 - Bake until risen, golden and firm to the touch.
 - Leave to cool.
 - Beat together the icing sugar and orange juice to make icing thick enough to coat the back of a wooden spoon.
 - Spoon the icing over the muffins and top with some mini eggs.
 - Leave to set.



In my shopping basket

- 250g (9oz) mixed dried fruit
- Zest and juice of 1 orange
- 175g (6oz) caster sugar
- 175g (6oz) softened butter
- 3 eggs
- 300g (10oz) self-raising flour
- 1 teasp mixed spice
- 1/2 teasp. ground nutmeg
- 5 tblsp milk
- 175g (6oz) marzipan
- 200g (8oz) icing sugar
- 2 tblsp orange juice
- Mini eggs



Cooking time : 25 min
Preparation time : 20 min
Preheat oven to : 4 (180°C)



Serves for 12 people



Easy

Bon Appétit !





Flapjack

By School - U3 Recipe. Photograph by
Millie Hutchinson

Method

- Melt the margarine, sugar and syrup in a pan. Do not overheat.
- Mix the oats, flour and crushed cornflakes in a mixing bowl.
- Pour the margarine mixture onto the dry ingredients and mix thoroughly.
- Place the mixture in a greased swiss roll tin and spread out to the corners.
- Bake for 15-20 minutes until just firm to the touch. Take care not to overcook.
- Cut the flapjack into fingers whilst still hot.
- Leave to cool in the tin.



In my shopping basket

- 100g (4oz) margarine
- 1 tbslp. golden syrup
- 75g (3oz) sugar
- 50g (2oz) rolled oats
- 50g (2oz) S R flour
- 75g (3oz) crushed cornflakes



Cooking time : 15-20 min
Preparation time : 10-15 mins
Preheat oven to : 5 (190°C)



Serves for 8
people



Easy

Bon Appétit !





Fruit Crumble

By School - U3 Recipe

Method

- Rub the butter into the flour until the mixture resembles fine breadcrumbs.
- Stir in 50g sugar.
- Arrange half of the prepared fruit into a 1.1 litre pie dish and sprinkle evenly with the remaining sugar.
- Top with the remaining fruit slices.
- Spoon the crumble mixture over the fruit and lightly press down.
- Bake for about 45mins until the fruit is soft.
- Serve hot with custard or cold with cream or yoghurt.



In my shopping basket

- 50g (2oz) butter or block margarine
- 100g (4oz) plain flour
- 100g (4oz) sugar
- 450g (1 lb) fruit e.g. cooking apples, rhubarb, gooseberries etc



Cooking time : 45 mins
Preparation time : 15mins
Preheat oven to : 4 (180°C)



Serves for 4 people



Easy

Bon Appétit !





Fruit Meringue Surprise

By Sarah Musgrave

Method

- Whisk the egg whites in a clean dry mixing bowl until stiff.
- Whisk in half of the sugar, then fold in the remainder using a metal spoon.
- Place a piece of baking parchment onto a baking tray.
- Shape the meringue into 4 nests and bake until they are firm and crisp on the top and the bottom but still white. It may be necessary to leave the oven door slightly open to prevent the meringues from browning
- Peel and chop the fruit into bitesized pieces.
- Place the meringue nests on the plate and arrange the fruit.
- Serve immediately with ice cream or cream.



In my shopping basket

- 2 egg whites
- 100g (4oz) caster sugar
- 2 apples
- 8 strawberries
- 16 raspberries
- 2 Kiwi fruit



Cooking time : 3-4 hours
Preparation time : 15 min
Preheat oven to : 1 (140°C)



Serves for 4 people



Easy

Bon Appétit !





Fudge

By Marion Ings

Method

- Put the condensed milk, sugar and butter into a heavy based pan.
- Melt all ingredients together slowly on a very low heat until the sugar has dissolved. Add cocoa at this stage for chocolate fudge.
- When the mixture is smooth bring it slowly to boil.
- Boil slowly, stirring over a very low flame until the soft ball stage -(116 C on a sugar thermometer).
- Beat until the mixture becomes thick and is ready to harden.
- Pour into an oiled tin.
- Cut into squares as soon as it is set.



In my shopping basket

- 1 tin condensed milk
- 100g (4oz) sugar
- 50g (2oz) butter
- 1 tblsp. cocoa powder -for chocolate fudge



Cooking time : 10-15 min
Preparation time : 10 min
Preheat oven to :



Serves for 4-6 people



Easy

Bon Appétit !






Giant Chocolate Cookies

By Elena Campbell

Method

- 
- Put soft butter and sugar into large bowl and beat until fluffy and creamy.
 - Add egg and continue beating until smooth.
 - Sieve the flour and bicarbonate of soda into the bowl.
 - Add the chocolate chips and nuts and mix everything together.
 - Take about half a tablespoon of the mixture and press into a round ball and place on to a greased baking tray.
 - Repeat until all the mixture has been used up.
 - Bake until golden brown but still soft.



In my shopping basket

- 125g (5oz) soft butter
- 150g (6oz) soft brown sugar
- 1 large egg
- 150g (6oz) plain flour
- 1/2 teasp. bicarbonate of soda
- 150g (6oz) chocolate chips
- 100g (4oz) chopped nuts (walnuts or hazelnuts)



Cooking time : 12 min

Preparation time : 15-20 min

Preheat oven to : 5 (190°C)



Serves for 12 people



Easy

Bon Appétit !





Grandma Ward Cake

By Emily Ward

Method

- Cream the margarine and sugar together until light and fluffy.
- Then beat in the egg a little at a time.
- Stir in the oats and flour.
- Pour into a greased Swiss roll tin.
- Bake until golden brown and spongy.
- Remove the cake from the tin and allow to cool.
- Melt the chocolate in a bowl over hot water.
- Spread the chocolate over the cooled cake.
- When cool place in the fridge to set.



In my shopping basket

- 150g (6oz) margarine
- 100g (4oz) brown sugar
- 75g (3oz) plain flour
- 75g (3oz) porridge oats
- 1 egg
- 150g (6oz) cooking chocolate



Cooking time : 20-25min
Preparation time : 10-15 min
Preheat oven to : 4 (180°C)



Serves for 4 people



Easy

Bon Appétit !






Grasmere Gingerbread

By Suzanne Woolley

Method

- 
- Sieve together the dry ingredients, then rub in the butter.
 - Stir in the mixed peel
 - Press lightly into a greased 20cm square tin.
 - Bake until firm and lightly browned.
 - Cut into fingers while hot, but leave in the tin until cold.



In my shopping basket

- 100g (4oz) plain flour
- 50g (2oz) butter
- 50g (2oz) brown sugar
- 1 teasp ground ginger
- 1/4 teasp bicarbonate of soda
- 1 tblsp. finely chopped mixed peel (optional)



Cooking time : 30 min
Preparation time : 15 min
Preheat oven to : 3 (170°C)



Serves for 12 people



Easy

Bon Appétit !





Honey Biscuits

By Lydia Hogg

Method

- Beat butter and sugar until soft and creamy.
- Add the honey, egg yolk, flour and baking powder and mix well.
- Leave the mixture to chill for 20 mins in the refrigerator.
- Roll into 30 small balls.
- Sprinkle mixed spice and caster sugar on top.
- Place well apart on an oiled baking tray.
- Cook in oven until firm and lightly brown.
- Leave to cool on a cooling wire.



In my shopping basket

- 50g (2oz) honey
- 150g (6oz) plain flour
- 75g (3oz) caster sugar
- 1 egg yolk
- 100g (4oz) butter/margarine
- 1/2 teasp. baking powder
- 1 teasp. mixed spice
- 1 teasp. sugar



Cooking time : 10 min
Preparation time : 30 min
Preheat oven to : 6 (200°C)



Serves for 12 people



Easy

Bon Appétit !





Iced Carrot Cupcakes

By School - L4 Recipe

Method

- Preheat the oven.
- Beat the sugar and oil together, then add the eggs one at a time.
- Add the flour, bicarb, cinnamon, salt and orange zest, then fold in the grated carrot and walnuts.
- Spoon the mixture evenly into the muffin cases, and bake for 20 minutes.
- Cool on a rack.
- Beat the cream cheese in a bowl until soft.
- Mix in the sieved icing sugar.
- Add the orange juice.
- When the cakes are cool, spread the icing on top.
- Decorate each cake with a walnut half.



In my shopping basket

- 100g (4oz) light muscovado sugar
- 175ml sunflower oil
- 2 large eggs
- 225g (8oz) plain flour
- 3/4 teasp. bicarbonate of soda
- 1 teasp. cinnamon
- Pinch of salt
- Zest 1 orange
- 150g (6oz) carrots, grated
- 100g (4oz) walnuts, chopped
- 100g (4oz) cream cheese
- 200g (8oz) icing sugar, sieved
- 1-2 teaspoons orange juice
- 12 walnut halves



Cooking time : 20 min
Preparation time : 20 min
Preheat oven to : 6 (200°C)



Serves for 12 people



A Bit Tricky

Bon Appétit !





Iced Fairy Cakes

By Katie Moody

Method

- Preheat the oven.
- Prepare two 12-hole bun tins with paper cases.
- Cream together the butter and sugar until light and fluffy.
- Gradually beat in the eggs.
- Sieve in the flour and fold into the mixture.
- Half fill the fairy cake cases.
- Bake the cakes until golden and spongy.
- Allow to cool.
- Beat together the icing sugar, butter and vanilla extract.
- Once the cakes are cool, ice and decorate them.



In my shopping basket

- 4 eggs
- 200g (8oz) caster sugar
- 200g (8oz) self raising flour
- 200g (8oz) butter
- For the Icing
- 150g (6oz) icing sugar
- 100g (4oz) butter
- 1/2 teasp. vanilla extract



Cooking time : 10-15mins
Preparation time : 30 min
Preheat oven to : 4 (180°C)



Serves for 8
people



Easy

Bon Appétit !





Jam Roly Poly

By Philippa Rice

Method

- Sieve the flour and salt into a mixing bowl.
- Add the suet and enough water to form a soft dough.
- Turn onto a floured board and roll out to a rectangle about 20x30cm.
- Warm the jam and use it to brush the pastry leaving a 1cm border all round.
- Fold in this border and brush with milk. With the short side towards you, roll up the pastry loosely and seal the ends well.
- Place on a greased baking sheet, with the sealed edge underneath. Brush with the beaten egg and sprinkle with caster sugar.
- Bake until golden brown.
- Remove from the oven
- Sprinkle on a little more sugar.



In my shopping basket

- 250g (8oz) self-raising flour
- Pinch salt
- 125g (4oz) shredded suet
- 6-8 tblsp. water
- 4 tblsp. raspberry jam
- A little milk
- 1 egg, beaten
- Caster sugar to glaze



Cooking time : 35-40 mins
Preparation time : 20-25 min
Preheat oven to : 6 (200°C)



Serves for 4-6
people



A Bit Tricky

Bon Appétit !





Jammy Dodgers

By Sophie Coatsworth

Method

- Put the butter, sugar, flour and ground almonds in a food processor and process to a dough.
- Knead the dough until pliable.
- Cut the dough into half and roll out thinly.
- Cut out 5 cm round biscuits.
- Spread the jam over the biscuits.
- Roll out the remaining dough and cut out as above. Use a star cutter to cut out star shapes from the middle of the dough.
- Place the star shaped biscuits on top of the bases.
- Bake until a golden colour.
- Take out of the oven and let the biscuits cool then dust the icing sugar on top.



In my shopping basket

- 200g (8oz) unsalted butter diced
- 100g (4oz) caster sugar
- 200g (8oz) plain flour
- 100g (4oz) ground almonds
- 150g (6oz) raspberry jam
- Icing sugar for dusting



Cooking time : 20 min
Preparation time : 20 min
Preheat oven to : 3 (170°C)



Serves for 8 people



A Bit Tricky

Bon Appétit !






Lemon Meringue Pie

By School - U4 Recipe

Method

- 
- Make the pastry by the rubbing in method.
 - Line the flan dish with the pastry. Prick the base with a fork.
 - Bake blind using greaseproof paper and baking beans for 10-15min.
 - Blend the cornflour with a little of the milk. Heat the remaining milk in a pan.
 - Pour the warm milk over the cornflour and mix well.
 - Return the filling to the pan and bring to the boil, stirring all the time.
 - Boil for 2 minutes until thick.
 - Remove from the heat and allow to cool.
 - Add the sugar, lemon rind and juice and mix well.
 - Beat in the egg yolks.
 - Pour the filling into the pastry case and bake at 170C, gas mark 3 for 15 minutes until the filling is set.
 - Whisk the egg white until very stiff. Whisk in half of the remaining sugar. Fold in the rest of the sugar.
 - Spoon the meringue over the filling.
 - Bake in the oven until golden brown.



In my shopping basket

- 200g (8oz) plain flour
- 100g (4oz) fat (1/2 butter 1/2 lard)
- Water to bind
- 250ml milk
- 2 lemons
- 2 tblsp. cornflour
- 1 tblsp. sugar
- 2 egg yolks
- 2 egg whites
- 75g (3oz) caster sugar



Cooking time : 15 min
Preparation time : 5-6 min
Preheat oven to : 4 (180°C)



Serves for 8
people



A Bit Tricky

Bon Appétit !





Lemon Meringue Roulade

By Annabelle Dawe

Method

- Melt butter in a glass bowl in the microwave
- Add lemon zest and juice, sugar, whole eggs and extra egg yolk, mix well
- Return to microwave and cook on HIGH for 2 min. Stir thoroughly.
- Cook for a further 3-4 min, stirring every minute until lemon curd is thick and creamy. Do not overcook.
- Cool.
- Line a large swiss roll tin with baking parchment.
- Whisk the egg whites until stiff.
- Add half the sugar and continue to whisk. Fold in the remaining sugar.
- Spread the meringue into the tin. Bake for 15 min.
- Once cooked remove from the oven.
- Leave in the tin until cool then turn out onto some baking parchment on top of a clean tea towel.
- Carefully peel off the lining paper.
- Whip the cream until it forms soft peaks then add the lemon curd.
- Spread the cream mixture over the roulade. Roll up from one of the long sides using the tea towel to push the roulade along.
- Dust with icing sugar.



In my shopping basket

- Lemon curd:-
- 110g (4oz) unsalted butter
- Finely grated zest and juice of 3 lemons
- 225g (8oz) granulated sugar
- 3 eggs
- 1 egg yolk
- Meringue:-
- 4 egg whites
- 175g (6oz) caster sugar
- 5ml (1 teasp) ground cinnamon
- 300ml (1/2 pt) whipping cream
- 150 ml (1/4 pt) home made lemon curd (see recipe)
- Icing sugar (to dust)



Cooking time : 15 min
Preparation time : 25 mins
Preheat oven to : 3 (170°C)



Serves for 6-8
people



A Bit Tricky

Bon Appétit !






Light Christmas Pudding

By Richard Simmance

Method

- 
- This is a splendid alternative to the traditional dark pudding.
 - Chop the cherries, apricots and figs into smaller pieces.
 - Mix the almonds and all the dried fruit with the breadcrumbs, suet, sugar and orange rind.
 - Sift the flour with spices.
 - Mix together with the eggs and cider.
 - Press into a 1 litre greased pudding basin, cover with greaseproof paper and tin foil.
 - Place in a steamer or into a pan of boiling water and simmer until cooked.



In my shopping basket

- 50g (2oz) blanched almonds, chopped
- 50g (2oz) mixed peel
- 50g (2oz) dried apricots
- 50g (2oz) glace cherries
- 75g (3oz) chopped figs or dates
- 100g (4oz) sultanas
- 100g (4oz) white breadcrumbs
- 75g (3oz) shredded suet
- 100g (4oz) caster sugar
- grated rind of 1 orange
- 100g (4oz) plain flour
- 1 level teasp cinnamon
- 1 level teasp nutmeg
- 2 large eggs, beaten
- 125 ml dry cider



Cooking time : 2hr 30min
Preparation time : 20 min
Preheat oven to :



Serves for 8 people



Easy

Bon Appétit !






Low Fat Lemon Drizzle Cake

By School - L5 Recipe

Method

- 
- Preheat oven.
 - Oil and line a large loaf tin.
 - Use a food processor. Mix together the butter and 200g of the sugar until light and creamy.
 - Add the lemon zest, flour, baking powder, egg, milk and yogurt. Process until smooth.
 - Put into the tin and smooth the surface.
 - Bake until golden brown and springy to the touch.
 - Allow to cool in the tin for 10-15 minutes.
 - Put the lemon juice into a pan with the remaining sugar and 150 ml water.
 - Bring to the boil stirring all the time then let it bubble until it becomes syrupy (4-5 mins).
 - Remove from the heat.
 - Pierce holes in the top of the cake with a skewer.
 - Spoon the syrup over the cake.



In my shopping basket

- 50g (2oz) butter
- 250g (8oz) caster sugar
- Zest of 1 lemon
- 250g (10oz) SR flour
- 1 teasp BP
- 1 large egg
- 100ml milk (skimmed or semi-skimmed)
- 2 tblsp. low fat natural yogurt
- Juice 2 lemons



Cooking time : 55-60 min
Preparation time : 15 min
Preheat oven to : 4 (180°C)



Serves for 12 people



Easy

Bon Appétit !





Maids of Honour

By Sarah Makepeace

Method

- Preheat oven.
- Sieve the plain flour, add the salt.
- Rub the butter into the plain flour until the mix resembles breadcrumbs.
- Bind with the cold water.
- Roll out the pastry thinly. Use a medium cutter to cut out pastry circles to line 10-12 pastry tins.
- Place a little jam in each pastry case.
- Cream the margarine and sugar.
- Fold in flour and beaten egg.
- Place a small amount of this mix on top of the jam in each pastry case.
- Bake for 15-20 minutes.



In my shopping basket

- 150g (6oz) plain flour
- 75g (3oz) butter
- Pinch of salt
- Cold water to bind
- 2 tblsp. jam
- 50g (2oz) margarine
- 50g (2oz) caster sugar
- 50g (2 oz) self raising flour
- 1 egg



Cooking time : 15-20 min
Preparation time : 20 min
Preheat oven to : 6 (200°C)



Serves for 6
people



A Bit Tricky

Bon Appétit !





Melting Moments

By Georgia Garland

Method

- Oil a baking tray.
- Put the sugar and the margarine into a mixing bowl and cream it until light and fluffy.
- Beat in the egg and the vanilla extract.
- Add the flour.
- Roll the mixture into balls, roll them in the oats and put them on the tray leaving space for them to flatten out.
- Pop a small piece of glace cherry on top of each.
- Bake until golden brown.
- Remove from the oven and allow to cool.



In my shopping basket

- 100g (4oz) soft margarine
- 75g (3oz) caster sugar
- 125g (5oz) self raising flour
- 1 egg
- 1 teasp. vanilla extract
- 200g (8oz) porridge oats
- Glace cherries



Cooking time : 15 - 20 mins
Preparation time : 20 min
Preheat oven to : 4 (180°C)



Serves for 8 people



Easy

Bon Appétit !





Millionaires' Shortbread

By Amelia Boyce

Method

- Sieve the flour, rub in the butter and stir in the sugar.
- Spread the mixture evenly into a swiss roll tin measuring 10x7 inches.
- Bake for 10-15 minutes until golden brown.
- Remove from the oven.
- Make the caramel by putting the butter, granulated sugar, golden syrup and condensed milk into a pan.
- Bring to the boil stirring continuously and boil for 5 minutes.
- Pour the caramel over the shortbread and leave to cool.
- Melt the chocolate and spread over the cooled caramel.



In my shopping basket

- 150g (6oz) SR flour
- 100g (4oz) butter
- 75g (3oz) caster sugar
- 100g (4oz) butter
- 100g (4oz) granulated sugar
- 2 tbsps. golden syrup
- 1 small tin condensed milk
- 1 large bar chocolate



Cooking time : 15 min
Preparation time : 30 min
Preheat oven to : 4 (180°C)



Serves for 12 people



A Bit Tricky

Bon Appétit !






Orange and Lemon Flan.

By Fariea Hussain

Method

- 
- Crush the biscuits and add to the melted butter.
 - Spread the biscuit mixture onto the base and sides of the flan dish and press down firmly.
 - Put in the fridge to chill.
 - Whip the condensed milk and the whipping cream lightly.
 - Grate the orange and lemon rind and add them to the mixture.
 - Squeeze the juice from the lemon and add to the mixture.
 - Also add the vanilla extract.
 - Whip until soft peaks are formed.
 - Spoon the mixture onto the biscuit base.
 - Place in fridge.
 - To decorate put some grated chocolate and some strawberries on top.



In my shopping basket

- 100g (4oz) digestive biscuits.
- 50g (2oz) butter
- 1 small lemon.
- 1 small orange.
- 125ml whipping cream.
- 1 small tin condensed milk
- 1 teasp. vanilla extract
- Grated chocolate or fruit to decorate



Cooking time :
Preparation time : 20 mins
Preheat oven to :



Serves for 6
people



Easy

Bon Appétit !






Peach Pudding

By Jade Hinds

Method

- 
- Pre-heat the oven .
 - Drain the peaches and put into a large pie dish with 2 tblsp of the juice.
 - Put the butter, brown sugar, flour, BP, cinnamon and eggs into a mixing bowl.
 - Beat well for 3-4 min until thoroughly combined.
 - Spoon the cake mixture over the peaches and level the top evenly.
 - Cook in the oven until golden brown and springy to the touch.
 - Lightly dust the top with icing sugar before serving hot with custard.



In my shopping basket

- 400g (14oz) can peach slices
- 50g (2oz) butter
- 40g (1.5oz) light brown sugar
- 1 egg, beaten
- 65g (2.5oz) plain flour
- 1 teasp. baking powder
- 1/2 teasp. ground cinnamon
- 4 tblsp. milk
- 1/2 teasp vanilla extract
- 2 tblsp. icing sugar



Cooking time : 35-40 min
Preparation time : 10 min
Preheat oven to : 4 (180°C)



Serves for 6 people



Easy

Bon Appétit !





Peanut Butter Cookies

By Charlotte Wilkinson

Method

- Cut up the butter in a bowl and add the sugar.
- Beat them together until light and fluffy with a wooden spoon or electric hand mixer.
- Add the peanut butter, flour and egg and beat everything together until smooth.
- Put teaspoonfuls of the mixture on to a baking tray.
- Bake for 8-10 minutes for thin cookies, 10-12 minutes for thick cookies.
- Then put them on a wire rack to cool.



In my shopping basket

- 125g (4oz) smooth or crunchy peanut butter
- 1 egg
- 175g (6oz) soft brown sugar
- 125g (4oz) soft butter
- 175g (6oz) self-raising flour



Cooking time : 10-12 min
Preparation time : 10 min
Preheat oven to : 4 (180°C)



Serves for 4 people



Easy

Bon Appétit !






Pear, Chocolate and Almond Tart

By Robert Hersey

Method

- 
- Peel the pears, put into a pan with the orange, lemon, sugar, cinnamon stick, wine and water.
 - Poach the pears for about 20 minutes until cooked through but not soft.
 - Pre-heat the oven.
 - Break the chocolate into pieces and melt in a bowl over hot water.
 - Cream together the butter and sugar until light and creamy. Gradually add the eggs beating well after each addition.
 - Fold in the flour and ground almonds.
 - Stir in the melted chocolate.
 - Spoon half the cake mixture into the pastry case.
 - Cut the pears in half and place on top of the flan with the round ends facing out.
 - Spoon the remaining sponge mixture over the pears and smooth the surface.
 - Sprinkle with the flaked almonds.
 - Bake for 1 hour.
 - Dust with icing sugar.
 - Serve warm.



In my shopping basket

- 6 pears
- 1 lemon
- 1 orange
- 200g (8oz) caster sugar
- 1 cinnamon stick
- 500ml (1pt) white wine
- 500ml (1pt) water
- 200g (8oz) good quality plain chocolate
- 100g (4oz) ground almonds
- 100g (4oz) caster sugar
- 100g (4oz) butter
- 25g (1oz) plain flour
- 1 tblsp. flaked almonds
- 3 eggs
- 25cm sweet shortcrust pastry case, baked blind



Cooking time : 1 hour
Preparation time : 30 min
Preheat oven to : 2 (150°C)



Serves for 6 people



A Bit Tricky

Bon Appétit !





Pineapple Upside Down Pudding

By School - U4 Recipe

Method

- Oil and line the base of a small sandwich cake tin.
- Open the tin of fruit and drain.
- Arrange the fruit and cherries in the base of the tin.
- Cover with 1 tblsp. golden syrup.
- Sieve the flour, add the margarine, sugar and egg.
- Beat well with a wooden spoon until light and creamy.
- Put the mixture into the tin and spread evenly.
- Bake near the centre of the oven until golden brown and well risen.
- Turn out onto a plate to serve.



In my shopping basket

- 1 small tin pineapple rings
- 5 glace cherries
- 1 tblsp. golden syrup
- 50g (2oz) SR flour
- 50g (2oz) caster sugar
- 50g (2oz) soft margarine
- 1 egg



Cooking time : 20- 30 min
Preparation time : 10 min
Preheat oven to : 4 (180°C)



Serves for 4-6
people



Easy

Bon Appétit !





Raspberry Cream Puffs

By Lucy Pyle

Method

- Cut the sheet of pastry into 6 rectangles and place on a greased baking tray.
- Cook in the oven until golden brown and well risen.
- Remove from the oven and allow to cool.
- Split the pasties in half and cover the base with whipped cream and raspberries.
- Sandwich together then sprinkle with icing sugar.



In my shopping basket

- 1 sheet of ready rolled puff pastry
- A little icing sugar
- 200g (8oz) raspberries
- 200ml (5pt) whipping cream



Cooking time : 10-15 min
Preparation time : 10 min
Preheat oven to : 7 (220°C)



Serves for 6 people



Easy

Bon Appétit !





Rock Buns

By Felicity Ronn

Method

- Oil one large or two small baking trays well.
- Sieve the flour into a mixing bowl. Rub in the butter until the mixture resembles breadcrumbs.
- Add the sugar and flavouring of your choice.
- Add the egg and sufficient milk to form a stiff dough.
- Using two forks, pile the mixture in irregular spiky heaps onto the baking tray.
- Bake until golden-brown and firm, then leave to cool off for a minute on the trays before removing to a wire rack.



In my shopping basket

- 200g (8oz) SR flour
- 100g (4oz) butter or margarine
- 100g (4oz) caster sugar
- 75g (3oz) flavouring (e.g. sultanas, cherries or chocolate chips)
- 1 egg
- 1-2 tblsp. milk



Cooking time : 15-20min
Preparation time : 15min
Preheat oven to : 5 (190°C)



Serves for
10-12 people



Easy

Bon Appétit !






Scottish Shortbread

By Louisa Briggs

Method

- 
- Cream the butter and the sugar with a wooden spoon
 - Sieve both the plain flour and the cornflour into the sugar mix and mix well.
 - Put a small amount of flour on the working surface and then place the dough on it.
 - Roll the dough out until it's about quarter of an inch thick.
 - Use a round cutter to stamp out biscuits.
 - Place the ends of a fork gently into the shortbread so that it leaves a light mark.
 - Lightly oil a baking tray and then place the shortbread on it.
 - Put the shortbread in the oven and cook until a light golden brown.
 - Once they are ready place them on a cooling rack and sprinkle sugar on the surface of each one.



In my shopping basket

- 150g (6oz) plain flour
- 100g (4oz) soft butter
- 50g (2oz) caster sugar
- 50g (2oz) cornflour



Cooking time : 25 min
Preparation time : 20 min
Preheat oven to : 3 (170°C)



Serves for 12
people



A Bit Tricky

Bon Appétit !





Simmel Cake

By School - L4 Recipe

Photograph by
Nidhi Malhotra

Method

- Oil and line 15cm. round cake tin.
- Roll out half the marzipan to a round slightly smaller than the tin.
- Sieve flour and spice into a bowl.
- Mix dried fruit in another bowl. Beat the eggs in another.
- Cream the butter and sugar until fluffy
- Beat in the eggs and flour
- Stir in the fruit and mix thoroughly adding enough milk to form a heavy dropping consistency
- Place half the mixture into the cake tin, then the round of marzipan and cover with the rest of the cake mixture
- Bake 30 mins then turn down to gas mark 2, 130C for a further 1.5 hours until the cake is firm to touch.
- Cool then remove from the tin.
- Roll 2/3 of the remaining marzipan to place on top of the cake, then use the rest of the marzipan to make 11 balls to place around the top of the cake.
- Brush the top of the cake with egg white, place under hot grill until golden brown.
- Decorate as preferred.



In my shopping basket

- 100g (4oz) soft brown sugar
- 100g (4oz) margarine or butter
- 2 large eggs
- 150g (6oz) plain flour
- 300g (12oz) mixed dried fruit
- 50g (2oz) glace cherries
- 1/2 teasp. mixed spice
- 2-3 tblsps milk if necessary
- 500g (1lb) marzipan
- 1 egg white
- 50g (2oz) icing sugar
- Cold water to mix
- Mini eggs



Cooking time : 2 hours
Preparation time : 20 min
Preheat oven to : 3 (170°C)



Serves for 10
people



A Bit Tricky

Bon Appétit !






Strawberry Granita

By Lucy Adams

Method

- 
- First wash the strawberries then put them into a colander and rinse.
 - Drain well using kitchen paper before transferring them to a food processor
 - Blend the strawberries to a smooth puree then stop.
 - Add sugar and blend again very briefly.
 - Add the water and lemon juice .
 - Pour everything into a nylon sieve set over a bowl.
 - Rub the puree through the sieve then pour into a container. Freeze for 2 hours.
 - When the mixture has started to freeze around the edges and base of the container take a large fork then mix it so it looks unfrozen.
 - Put back into a freezer for another hour.
 - The mixture should look like a large ice crystal when it is ready to serve.



In my shopping basket

- 1lb (450g) ripe strawberries
- 175g (6oz) caster sugar
- 500ml (1 pint) water
- 3 tblsp. lemon juice



Cooking time :
Preparation time : 20 min
Preheat oven to :



Serves for 8
people



Easy

Bon Appétit !






Strawberry Shortcakes

By School - L4 Recipe

Method

- 
- Sieve the flour, salt, baking powder and sugar into a large mixing bowl.
 - Rub the butter in using the fingertips until the mixture resembles breadcrumbs.
 - Add the egg and enough of the milk to make a dough. Mix with a round bladed knife.
 - Turn the dough onto a floured board and knead lightly. Roll out to 2 cm thickness and cut out scones using a round cutter.
 - Brush the tops with any remaining milk and sprinkle with a little extra sugar.
 - Bake for approx. 10 minutes until golden brown.
 - Allow to cool.
 - Whip the cream until thick.
 - Wash, hull and half the strawberries.
 - Cut the scones in half and decorate with cream and fruit.



In my shopping basket

- 300g (10oz) self raising flour
- 1 teasp. baking powder
- 1-2 tblsp. caster sugar
- 100g (4oz) butter
- 1 egg
- 125ml milk
- 300g (10oz) strawberries
- 250ml whipping cream



Cooking time : 10 min
Preparation time : 20 min
Preheat oven to : 7 (220°C)



Serves for 8 people



Easy

Bon Appétit !



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Strawberry Smoothie

By School - U3 Recipe

Method

- Remove the green tops from the strawberries.
- Slice the strawberries and place into a blender.
- Pour the milk and spoon the yoghurt into the blender.
- Put the lid on the blender and switch on for 30-45 seconds, until smooth.
- Pour the smoothie into two glasses.
- Alternative smoothies can be made by substituting other fruit for the strawberries.



In my shopping basket

- 6 large strawberries
- 250ml (5pt) cold milk
- 1 small pot of fruit yoghurt



Cooking time : N/A
Preparation time : 10 min
Preheat oven to :



Serves for 2 people



Easy

Bon Appétit !




143



Summer Fruit. Elderflower and Prosecco Jelly

By Eleanor Swinburne

Method

- 
- Put fruit into individual moulds and refrigerate.
 - Put gelatine leaves to soak in a little cold water for a few minutes.
 - Remove and drain the gelatine.
 - Put the gelatine into a bowl with the elderflower cordial.
 - Place the bowl over a pan of boiling water and stir untill the gelatine and the cordial become a syrup.
 - Add the sugar and stir untill dissolved.
 - Remove the bowl and leave to sit for a minute.
 - Take the fruit and prosecco out of the fridge.
 - Pour prosecco into the gelatine and cordial mix and pour this over the fruit.
 - Put in fridge to set.



In my shopping basket

- 8 punnets mixed soft fruit
- 4 leaves of gelatine
- 140ml (1/4 pint) elderflower cordial
- 2 heaped tblsp caster sugar
- 425ml (3/4 pint) chilled Prosecco (sparkling Italian wine)



Cooking time :
Preparation time : 20 mins
Preheat oven to :



Serves for 10
people



A Bit Tricky

Bon Appétit !






Swiss Roll

By School - U4 Recipe

Method

- 
- Line a swiss roll tin, with greaseproof paper. Grease the paper.
 - Sieve the flour onto a plate.
 - Whisk the eggs and sugar until thick.
 - Gently fold in the flour using a metal spoon. Stir in the warm water.
 - Pour into the tin.
 - Bake for 8-10 minutes until golden brown and firm.
 - While the cake is baking, spread the extra sugar over a piece of greaseproof paper.
 - Warm the jam.
 - When the swiss roll is cooked, tip it on to the sugared paper.
 - Trim the edges of the swiss roll.
 - Spread quickly with the warm jam then roll it up, using the paper to help.
 - Cool on a wire rack.



In my shopping basket

- 2 eggs
- 50g (2oz) caster sugar
- 50g (2oz) plain flour
- 1 tblsp. warm water
- 2-3 tblsp. jam
- Extra sugar for rolling up.



Cooking time : 8-10 mins
Preparation time : 30 min
Preheat oven to : 6 (200°C)



Serves for 4
people



A Bit Tricky

Bon Appétit !





Syrup Tart

By Joely Ann Hawke

Method

- Turn on the oven.
- Rub the flour and the butter together, in a large bowl.
- Add the water, a little bit at a time binding together with a round bladed knife.
- Roll out the pastry and line a flan dish with it.
- Put the pastry to chill in the fridge.
- Melt the syrup in a pan, with the lemon juice.
- Turn down the heat and add the breadcrumbs.
- Stir in and turn the heat back up.
- After a couple of minutes turn off the heat and pour into the dish.
- Put in the oven for 15 - 25mins.



In my shopping basket

- 200g (8oz) plain flour
- 100g (4oz) butter
- 25ml (5 teasp) cold water
- 200g (8oz) golden syrup
- Zest of 1 lemon
- 10ml (2 tblsp) lemon Juice
- 125g (5oz) white breadcrumbs



Cooking time : 15 - 25 min
Preparation time : 20 min
Preheat oven to : 4 (180°C)



Serves for 10 -
12 people



Easy

Bon Appétit !





Tropical Fruit Salad

By School - U3 Recipe. Photograph by Samawa Zayat

Method

- Wash all the fruits.
- Hull the strawberries.
- Remove the skins off the mango, kiwi apples, pineapple and banana. .
- Slice all the fruits into small sized cubes
- Place all of the fruits in the container and pour over the apple or orange juice in the container and place in the fridge until ready to serve.



In my shopping basket

- 6 strawberries
- 1 mango
- 1 kiwi fruit
- Fresh pineapple
- 1 banana
- 250ml (1/2 pint) fresh orange or apple juice



Cooking time :
Preparation time : 20 min
Preheat oven to :



Serves for 4
people



Easy

Bon Appétit !





Victoria Sandwich Cake

By Sarah Harrison

Method

- Lightly oil two sandwich tins, each with a diameter of 20cm.
- Cream the butter and sugar together until light and fluffy, and then slowly add the beaten egg.
- Fold in the flour with a metal spoon and spoon the mixture into the prepared cake tins.
- Bake until golden brown and spongy.
- Remove from the tins and leave to cool.
- Whip the cream until thick.
- Spread the jam onto one of the sponge cakes and top with the cream.
- Place the remaining sponge on top.
- Dust with icing sugar to serve.



In my shopping basket

- 150g (6oz) unsalted butter
- 150g (6oz) caster sugar
- 3 eggs, beaten
- 150g (6oz) self-raising flour
- 3 tblsp. strawberry jam
- 250ml whipping cream



Cooking time : 20 min
Preparation time : 20 min
Preheat oven to : 4 (180°C)



Serves for 6 people



Easy

Bon Appétit !





Victoria Scones

By Tamika Lindsay

Method

- Preheat the oven.
- Oil a baking sheet
- Sieve the flour and salt into a bowl.
- Rub in the margarine and stir in the sugar and cherries.
- Beat together the egg and milk.
- Keep 2 teasp. of egg and milk mixture to brush on the top of the scones.
- Pour the rest into the flour and mix to a soft dough.
- Knead it lightly until smooth
- Either leave whole and cut across the top, almost into quarters or alternatively use a cutter to cut the mixture into rounds.
- Brush with the reserved egg and milk mixture.
- Bake until golden brown.



In my shopping basket

- 250g (8oz) S.R flour
- Pinch salt
- 50g (2oz) sugar
- 1 egg
- Approx. 4 tbslp. milk
- 75g (3oz) glace cherries



Cooking time : 10-15 min
Preparation time : 15-20 min
Preheat oven to : 7 (220°C)



Serves for 6 people



Easy

Bon Appétit !






White Chocolate Cheesecake

By Alice Leech

Method

- 
- Oil a deep 23 cm (9 inch) spring form cake tin.
 - Process biscuits until fine crumbs
 - Add the biscuits to some melted butter and mix well.
 - Press the biscuit mix into the base and up the sides of the tin.
 - Bake until just set (5-7 min).
 - Allow to cool
 - Lower the oven temperature to 150C, gas mark 3.
 - Melt the white chocolate and cream in a small pan over a low heat.
 - Remove from the heat and leave to cool
 - Beat the cream cheese and sugar until smooth (use an electric mixer for this)
 - Add eggs one at a time and mix in well.
 - Slowly add the chocolate mixture and vanilla extract. Beat.
 - Pour the mixture into the baked crust and bake 45-55mins until the edges are firm and the centre is slightly soft.
 - Do not allow to brown!
 - Add chocolate curls to decorate on top.



In my shopping basket

- 125g (4oz) digestive biscuits
- 50g (2oz) unsalted butter
- 300g (12oz) white chocolate
- 125ml whipping cream
- 675g (1 1/2 lb) cream cheese
- 50g (2oz) sugar
- 4 eggs
- 1 teasp vanilla extract



Cooking time : 45-55 mins
Preparation time : 30mins
Preheat oven to : 4 (180°C)



Serves for 16
people



A Bit Tricky

Bon Appétit !

