

Mini Quiche

Ingredients (pastry):

100g plain flour
50g butter, diced
Pinch salt

Ingredients (filling):

2 rashers bacon (cooked)
50g cheddar
1 medium egg
60ml double cream

Method:

1. Preheat the oven to gas 6/200 degrees C
2. Place the flour and salt in a bowl and rub in the diced butter – using your fingertips – to make breadcrumbs
3. Add 1-2tbsp cold water and mix to form a dough
4. Bring together on a lightly floured surface
5. Roll the pastry out – to the depth of a coin
6. Cut 6 rounds out and lightly press into a muffin tin
7. Grate the cheese into a bowl and add in cream and egg
8. Season with salt and pepper
9. Mix in the bacon (if desired) and pour the egg mixture - be careful not to over fill
10. Bake for 20 mins, until golden brown and set in the middle

Equipment - each:

Bowl
Grater
Fork
Muffin tin (between 2)
Round cutter
Rolling pin
Tablespoon (tbsp) (per table)

Mini Quiche

1. Rub the flour and butter together to form breadcrumbs



2. Add 1-2 tbsp of cold water and mix to form a dough. Bring together on the side



3. Roll out to the depth of a coin



4. Cut out 6 rounds and place in muffin tin



5. 6. Grate cheese and mix with cream and egg
7. Divide filling into cases and pour over egg mixture



8. Bake for 20 mins until golden and set in the middle



Turkey Burgers

Ingredients:

1 small sweet potato
130g turkey mince
½ red onion
½ apple
1 tsp oregano

Equipment - each:

Sharp knife
Bowl
Brown board
Grater
Large baking sheet
Slotted spatula

Method:

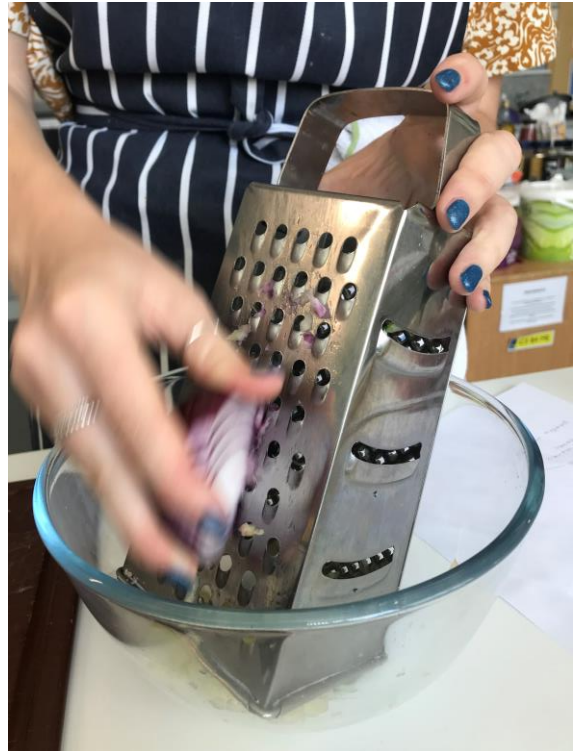
1. Preheat the oven to gas 6/200 degrees C
2. Cut the sweet potato into wedges and place on baking sheet covered with a little oil
3. Grate the onion and apple into a bowl
4. Mix with the mince, salt and pepper and oregano
5. Mix with your hands to form 2 small burger patties
6. Bake for 30 minutes, **flipping the burgers half way**

Turkey Burgers

1. Cut the sweet potato into wedges



2. Grate the onion and apple into a bowl



3. Mix in the chopped garlic, mince and seasonings



4. Make into 2 small patties and bake next to the chips for 30 minutes – flipping the burgers half way



Bread Rolls

Ingredients:

250g strong white, brown or wholemeal flour
1 tsp spoon salt
1 tsp quick acting dried yeast
150ml warm water
1 tsp spoon sugar
1 tbsp oil

Equipment - each:

Bowl
Measuring jug
Large baking sheet
Butter knife

Method:

1. Heat the oven to 200C/Gas 6 and cover a baking sheet in parchment
2. Add all dry ingredients into a bowl and combine
3. Make a well and pour in the oil and **half** the water
4. Mix together to make a soft dough, adding water as you need
5. Knead the dough for up to 10 minutes to make it smooth and bouncy
6. Cut into 4 even pieces and shape
7. Place each roll on the baking sheet and bake for 15-20 minutes, until golden brown and sounding hollow
8. Cool on a wire rack

Bread Rolls

1. Combine flour, salt, sugar and yeast into a bowl
2. Make a well and pour **HALF** the water in



3. Mix together, adding water as your need to. Tip onto the table and kneed



4. Cut into 4 pieces



5. Shape and bake for 15-20 minutes



Cheese and onion pasties

Ingredients:

1/2 pack of puff pastry
60g mature cheddar cheese
45ml double cream
1 white potato
1/2 onion
1 egg (per table)

Equipment - each:

Bowl
Grater
Fork
Large baking sheet (1 between 2)
Sharp knife
Brown board
Pastry brush
100ml measuring cup
Frying pan
Wooden spatula

Method:

1. Peel the potato and onion and dice into 1cm cubes
2. Fry of the potato and onion in a little oil.
3. Put potato and onion into a bowl to cool, adding grated cheese, cream and salt and pepper.
4. Roll out pastry and cut into 2 equal rectangles.
5. Split the filling into 2 and place on one side of the pastry, making sure to leave an edge.
6. Brush the edges with egg and fold the pastry over the filling to make a parcel. Using a fork, crimp the edges and poke a steam hole in the top.
7. Glaze with egg and bake for 15-20 minutes, until golden brown and crisp

Cheese and onion pasties

1. Peel and chop the onion and potato and fry in a little oil



2. Put the potato, onion mix into a bowl with the grated cheese, cream and seasoning



3. Roll out the pastry and cut into 2 squares



4. Split the filling to 2 and place on one side of the pastry

5. Brush the edges with egg



6. Fold the pastry over the filling to make a parcel and crimp the edges with a fork.

7. Poke a steam hole in the top.



8. Glaze with egg and bake for 15-20 mins



Fruit Crumble

Ingredients (topping):

60g plain flour

30g sugar

30g unsalted butter, cubed

Ingredients (filling):

150g apples

1 tbsp sugar

60g berries

Equipment - each:

Bowl

Oven proof dish

Sharp knife

Green board

Frying pan

Peeler

Wooden spoon

Method:

1. Preheat the oven to 190C/gas 5
2. In a bowl, combine the plain flour and sugar. Using your fingertips, rub in the cubed butter until you form breadcrumbs. Do not over mix
3. Peel and chop the apple into 1cm cubes
4. Put the butter and sugar into a pan with the apples and berries and cook for 3-5 minutes, until the apples are softened
5. Pour the apple mixture into your ovenproof dish and cover with a layer of your crumble topping
6. Bake for 10-15 minutes until golden brown and bubbling.
7. Remove from oven and cool on wire rack

Fruit Crumble

1. Rub the butter into the flour and sugar to form breadcrumbs



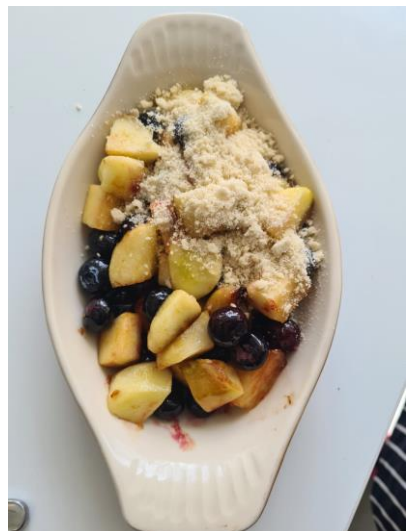
2. Peel and chop apple into 1cm cubes



3. Put butter, sugar apples and berries into a pan and cook until apples are soft



4. Pour the apple mixture into ovenproof dish and cover with layer of crumble mixture



5. Bake for 10-15 minutes, until golden brown and bubbling



Paella

Ingredients:

1 small onion
1tsp paprika
1tsp mixed herbs
70g long grain rice
½ can chopped tomatoes
1 chicken stock cube – to make
200ml stock
1 chicken breast
50g chorizo
Handful of frozen peas

Equipment - each:

Sharp knife
Red board
Large saucepan
Brown board
Measuring jug
Heat matt
Wooden Spatula

Method:

1. Cut the chicken breast 2cm cubes and the chorizo into rounds. Fry in a little oil until cooked.
2. Dice onion, add to pan and fry on a low heat until softened and translucent.
3. Add the rice, chopped tomatoes and 200ml water, stock cube, paprika, herbs and pepper.
4. Stir occasionally so the rice doesn't stick to the bottom of your pan.
5. Remove from the heat before rice is dry and stir in the peas.

Paella

1. Cut the chicken into cubes and the chorizo into rounds. Fry in a little oil



2. Dice onion and add to pan to fry on a low heat until softened



3. Add rice, chopped tomatoes stock cube, 200ml water and seasoning and simmer



4. When water has been absorbed, remove from heat and stir in peas

