

Mixed veg soup

Ingredients (per pair):

½ onion
1 garlic clove
1 carrot
1 potato
½ pepper
1 stock cube
400ml water

Method:

1. Peel and roughly dice all of your vegetables
2. Warm 1 tbsp oil in a large saucepan and add the **onion**
3. When onions are soft, add the rest of the veg, 400ml water and stock cube
4. Boil for 15 minutes until the potatoes are soft
5. Remove from the heat and cool for a few minutes
6. Blend using a stick blender until smooth

Equipment – per pair:

2 knives
2 peelers
2 brown boards
1 large saucepan
1 stick blender
1 large measuring jug
1 heat mat

Unleavened Bread - Matzah

Ingredients:

1 cup flour
100ml COLD water
½ tsp salt

Equipment - each:

Bowl
Rolling pin
Frying pan
Tongs

Method:

1. Combine the flour and salt in a bowl and slowing add the water, **a little at a time**, until the dough comes together
2. Knead for 5 minutes until smooth and springy
3. Split into 4 even pieces
4. Lightly flour your surface and roll each ball out into a circle
5. Heat your frying pan over a medium-low heat
6. When the pan is warm, put one of the breads into the pan and cook for 2 minutes
7. Flip and cook the other side for 2 minutes

NOTE! If your bread is going very brown or black, turn your heat down.

Thai Green Curry

Ingredients:

2 chicken breast
1 clove garlic
½ onion
Handful beans
2 florets broccoli
100g rice
400ml coconut milk
2 tbsp curry paste

Equipment – per pair:

Brown board
Red board
2 knives
2 large saucepans
Colander
Wooden spatula

Method:

1. Cover your rice with lots of water and boil on **THE BACK** ring. Once the water is boiling, start a 12 minute timer
2. Slice your veg and chicken
3. Fry veg and chicken on a medium heat in a tbsp oil, in your other saucepan, until the chicken is white throughout
4. Add the curry paste and coconut milk and cook for 15 minutes
5. Drain the rice and box up
6. Serve your curry on top of the rice

Biscuits

Ingredients:

50g butter
25g sugar
75g self-raising flour

Per Pair:

100g icing sugar
1/2 lemon

Equipment - each:

Bowl
Fork
Large baking sheet
Wooden spoon

Per Pair:

Lemon juicer
Grater
Tbsp

Method:

1. Preheat the oven to 180C/gas 4
2. Beat the butter in a bowl until soft and fluffy
3. Add the sugar and mix together
4. Add the flour and mix until it forms a dough – you may need to use your hands to get it into a ball
5. Split the dough into 8 balls and place on your baking tray – making sure to leave a good space between each one
6. Lightly push down on the top with a fork to form your indentation
7. Bake for 15-20 minutes until lightly golden
8. Leave to cool on a wire rack
9. **Working in pairs to make the lemon icing**, grate the zest of the lemon into a bowl
10. Juice the lemon
11. Mix the icing sugar with the lemon zest and SLOWLY add the lemon juice in
12. Add 1 tbsp water in if needed to form a thick, runny icing
13. Lightly drizzle over your cooled biscuits

Bangers and Mash

Ingredients:

4 sausages
2 large potato
1 cube butter
2 tbsp milk
1 large carrot
4 florets broccoli
Gravy granules

Equipment – per pair:

2x Peeler
2x Brown board
2x Sharp knife
Large saucepan
Small saucepan
Masher
Tbsp
Baking tray
Colander
Slotted spoon

Method:

1. Preheat the oven to 200C/gas 6
2. Place your sausages on a baking tray and bake for 20 minutes
3. Peel and dice your potatoes, place in a large saucepan and cover with water
4. Boil until soft (around 10-15 minutes)
5. Peel your carrot and cut into sticks or rings
6. Place in small saucepan with just enough water to cover them and boil for 4 minutes
7. Add your broccoli florets in and cook for another 4 minutes
8. Drain your potatoes and put back in the saucepan with the butter, milk and salt and pepper
9. Mash until smooth and place in your box
10. Remove the vegetables from the water with a slotted spoon and box up
11. Box up your sausages
12. Mix your gravy granules into the vegetable water and then pour over your meal

Bubble and Squeak with poached egg

Ingredients:

3 roast potatoes
Handful cooked veggies
1 egg

Equipment - each:

Frying pan
Masher
Saucepan
Slotted spoon
Slotted spatula
Small bowl

Method:

1. Heat 1 tbsp oil in a frying pan on a medium-low heat
2. Add the potatoes and veg and mash down to form a flat pancake like layer
3. Sprinkle salt and pepper on top
4. Cook for 3-5 minutes until golden brown on the bottom
5. Carefully flip to cook the top until golden brown
6. Remove from the heat and box up
7. Fill your saucepan up with water and put on high heat to boil
8. Once boiling, turn the heat down to low and let the bubbles stop
9. Crack your egg into the small bowl and lower into the water
10. Leave for 3-5 minutes until the egg is cooked
11. Carefully lift the egg up with your slotted spoon and serve on top of your bubble and squeak

Fish fingers and Chips

Ingredients each:

1 cod fillet

1 large potato

Ingredients per pair:

1 egg

Flour

Bread crumbs

Equipment - each:

Sharp knife

Blue board

Peeler

Large baking tray
with paper

Method:

1. Peel and cut your potato into chips
2. Place on baking tray and cover with a little oil and seasonings
3. Cut your fish into fingers
4. Dunk in the flour, then the egg and then finally coat in the breadcrumbs
5. Place on baking tray with chips and bake for 20 minutes until chips are cooked and fish fingers are golden

Samosas

Ingredients:

2 sheets filo pastry

½ onion

¼ chilli pepper

65g mince

½ tsp curry powder

30g peas

Equipment - each:

Baking tray with
paper

Brown board

Knife

Frying pan

Pastry brush

Wooden spatula

Tbsp

Method:

1. Preheat the oven to 200C/gas 6
2. Peel and dice your onion and chilli
3. Fry in 1 tbsp oil until soft
4. Add the meat, curry powder, peas and 1 tbsp water and cook until meat is browned through
5. Remove from the heat and cool
6. Cut the filo sheets in half (long ways)
7. Brush the edges of one sheet with oil
8. Place a quarter of the mixture on the bottom of the pastry
9. Fold the bottom left corner over the top to form a triangle
10. Fold the triangle shape you have just made up and over
11. Keep moving the triangle until you have used up all the pastry
12. Place on a baking tray and brush with a little oil
13. Continue repeating steps 7-12 until you have made all 4 samosas
14. Bake for 10-12 minutes until golden and crisp

Samosa folds! Steps 7-11

