

Knife Skills

Ingredients (Tzatziki):

175g Greek Yoghurt

Half Cucumber

1 tbsp lemon juice

1 garlic clove – grated

Dash of extra virgin olive oil

Paprika, for sprinkling

Ingredients (Cruité):

Half Cucumber

1 Carrot

1 stick Celery

1 pepper

Method:

1. Cut the cucumber in half and scrape out the seeds
2. Grate into a bowl
3. Add the yoghurt, lemon juice and grate in the garlic
4. Mix and season to taste
5. Cut the veg into batons

Sausage Rolls

Ingredients:

Half red onion

1 sprig sage

2 vegetarian sausages (make sure they are nice and soft so can be mashed)

Small handful of breadcrumbs

150g Block of puff pastry –

1 egg

Method:

1. Preheat the oven to 180°C/350°F/gas 4.
2. Finely chop the onions.
3. With a sharp knife, slit the skins of the sausages and pop the meat out. Put it in a mixing bowl with the sage and onion mix and the breadcrumbs.
4. Scrunch well with your clean hands to mix together.
5. On a floured work surface, roll the pastry out into a big rectangle as thick as a pound coin and cut it lengthways into two long, even rectangles.
6. Roll the mixture into sausage shapes with your hands and lay along the centre of each rectangle.
7. Brush the pastry with the egg, then fold one side of the pastry over, wrapping the filling inside. Press down with your fingers or the edge of a spoon to seal the join.
8. Cut the long rolls into the sizes you want and space them out on a baking tray. Brush with the rest of the egg wash and bake in the preheated oven for 25 minutes or until puffed, golden and cooked through.

Stir Fry

Ingredients:

1 chicken breast or block smoked tofu

Half onion

3 heads of broccoli

3 button mushrooms

Handful of mangetout

Sweet chilli sauce

70g long grain rice

Method:

1. Cut chicken into 1cm cubes and lightly fry in sunflower oil until cooked through. Remove from the pan for later
2. Finely slice onion and mushrooms and quarter broccoli heads
3. Wash rice under the tap to remove the starch and cook for 10-12 minutes in small pan of water
4. While rice is cooking, stir fry the veg for 3-5 minutes
5. Add the cooked chicken, mangetout and sauce
6. Drain the rice and serve

Cheese Scones

Ingredients:

120g GF self-raising flour

25g salted butter

15g mature cheddar

75ml milk

Method:

1. Heat the oven to 220C/200C Fan/Gas 7. Lightly grease a baking sheet.
2. Mix together the flour and salt and rub in the butter. Grate the cheese and stir into the flour. Add-n the milk and stir to get a soft dough.
3. Turn onto a floured work surface and knead very lightly. Pat out to a round 2cm/ $\frac{3}{4}$ in thick. Use a 5cm/2in cutter to stamp out rounds and place on the baking sheet. Lightly knead together the rest of the dough and stamp out more scones to use it all up.
4. Brush the tops of the scones with a little milk. Bake for 12–15 minutes until well risen and golden. Cool on a wire rack

Cupcakes

Ingredients:

55g unsalted butter or margarine

55g caster sugar

1 large egg

½ tsp vanilla extract

55g GF self-raising flour

100g icing sugar

1tbsp cocoa powder

2 tbsp milk

Sprinkles – optional

Method:

1. Heat the oven to 180C/160 fan/ gas 4 and fill half cupcake tray with cases
2. Using a wooden spoon, cream together the butter and sugar until pale and light.
3. Mix in the egg and vanilla extract
4. Lightly fold in the flour and a pinch of salt
5. Add a tablespoon of batter into each cake case
6. Bake for 15-18 mins until golden brown and a skewer comes out clean. Leave to cool on a wire rack
7. Combine the icing sugar and cocoa powder and slowly add the milk until you form a smooth paste (don't make it too runny!)
8. Add the icing to the top of each cupcake and lightly cover with sprinkles

Pizza

Ingredients (dough):

200g gluten free bread flour, plus extra to dust

2 tsp GF baking powder

1 tsp fine sea salt

1 tsp caster sugar

1 tbsp olive oil, plus extra to drizzle

Ingredients (toppings):

1tbsp tomato paste

50g cheese (mozzarella or cheddar)

Your own pizza toppings – sweetcorn, pepperoni, onion, mushrooms, roast chicken etc.

Method:

1. Preheat the oven to the hottest it goes
2. Mix the flour, yeast. Salt and sugar together in a mixing bowl. Make a well in the middle and add the oil and 125ml of warm water. Bring together and then tip onto a floured surface to kneed.
3. Knead for 1-2 minutes until the dough is smooth and stretchy and then leave to rest in the bowl.
4. Prep your toppings – grate cheese, chop veg etc.
5. Now it's time to shape your pizza! Roll out the ball to a circle about 25 cm. Using your hands, press out the dough around the edges to form a slightly larger pizza with a raised crust. Place onto a piece of baking paper covered baking sheet.
6. Spread the tomato paste and add the toppings.
7. Leave to rest for 15 minutes while you wash up.
8. Bake for 8-10 minutes until the crust is golden and the cheese bubbling.

Jam Tarts

Ingredients:

150g plain flour

75g butter

Half an egg

50g jam or marmalade

Method:

1. Put the flour, butter and a pinch of salt into a bowl and rub together to form breadcrumbs
2. Using a butter knife, mix in a little egg at a time to bring the dough together. Finish by baking into a ball with your hand – not over working the pastry.
3. Clingfilm and put in the fridge while you wash up and get out your baking pan.
4. Pre-heat the oven to 200C/ 180 fan/ gas 6.
5. Butter a tart tin and dust with a little flour
6. Unwrap your pastry and roll out on a lightly floured surface to the thickness of a £1 coin
7. Using a round cutter, cut out 6 circles and lightly push into the tin
8. Add 1-2 tsp of your filling into each case.
9. Bake for 15-18 minutes until golden and leave to cool in tray before transferring to a wire rack.

1 pan roast – summer

Ingredients:

50g new potatoes

45g peas

100g broad beans

4 sticks of asparagus

1 smoked tofu or vegetarian fillet (quorn)

1 lemon

1 clove of garlic

1tbsp extra virgin olive oil

Method:

1. Preheat the oven to 220C/ 180 fan/ gas 6
2. Half the potatoes and put into an oiled baking sheet
3. Put the salmon and asparagus on top and season with salt and pepper
4. Bake for 20 minutes
5. While baking, grate half the lemon zest and garlic clove into a bowl. Add half the lemon juice and olive oil and set aside for serving
6. Then, simmer the broad beans and peas for 3-5 minutes
7. Serve together, topped with the dressing

1 Pan Roast – Winter

Ingredients:

50g potatoes

1 carrot

1 parsnip

1 quorn fillet (or similar)

1tsp honey

2 tbsp extra virgin olive oil

Method:

1. Preheat the oven to 220C/ 180 fan/ gas 6
2. Peel and chop the potatoes, carrots and parsnips
3. Simmer until soft, drain and put in baking tray with the olive oil and honey.
4. Place chicken breast on top and season
5. Roast for 20-25 minutes until chicken is cooked through