

Gougeres- Savoury, cheese choux buns

Preheat your oven to 200C/400F/Gas 6 and line a baking tray with baking parchment.

To make the choux buns, put the butter, salt and 300ml/10fl oz water into a large saucepan. Heat gently until the butter has melted, then bring to the boil. Immediately remove from the heat and tip in the flour. Beat with a wooden spoon to form a smooth ball of dough that should leave the sides of the pan.

Now vigorously beat the eggs into the hot dough, a little at a time. This takes some elbow grease! As you add the egg, the dough will become stiff and glossy. Stop adding the egg if the dough starts to become loose – but you should use up all or most of it.

Put the dough in four large blobs, each about 10cm/4in across, on the prepared baking tray. (Alternatively, you can pipe the choux onto the tray.) Sprinkle the parmesan over the dough.

Bake for 30 minutes in the centre of the oven until well risen and golden-brown. Then move to the bottom shelf for a further 10 minutes to ensure the centres are cooked.

The buns should be crisp and dry.

Remove from the oven and split one side of each bun to allow the steam to escape.

Put on a wire rack to cool.

100g/3½oz

unsalted [butter](#), cut into roughly 1cm/½in cubes

pinch of [salt](#)

130g/4¾oz [strong white flour](#)

4 free-range [eggs](#), beaten

25g/½oz [parmesan](#)



Proper Pizza

250g Plain flour

1tsp salt

½ packet yeast

1tbsp olive oil

Pizza Turn on oven to 230c (really hot)

1. Combine your (1/2 packet) yeast, 1tbsp olive oil & 75ml lukewarm water (37c) & leave for a few minutes. (In a measuring jug)
2. Pile 250g flour and 1tsp salt into a mixing bowl and make a well in the centre.
3. Pour in your liquid into the mixing bowl
4. USING A TABLE KNIFE, slowly bring in the flour from the inner edge of the well and mix into the water.
Continue to mix, bringing in all the flour.
5. When the dough comes together and becomes too hard to mix with your knife, flour your hands and begin to pat it into a ball.
6. Knead the dough for 10 minutes, until you have a smooth, springy, soft dough.
7. Leave to proof on a baking tray for 1hr in a warm place
8. Grate cheese and prepare other ingredients.
9. Split into two and roll out dough onto baking tray until 1cm thick.
10. Spread on tomato puree and add other ingredients, then the cheese.

Cook for approx 10-15mins until golden & the bottom is crisp

Fougasse

- 1.Put the flour, salt and yeast into the bowl and mix
- 2.Add the olive oil and three-quarters of the water.
- 3.Begin mixing with a table knife. As the dough starts to come together, add the remaining water very slowly. (You might not need it all).
- 4.Add dried and fresh herbs
- 5.Knead until springy.
- 6.Tip the dough onto an oiled tray. Cover and leave to rise in the oven at 50c.
- 7.After you take it out heat your oven to 220c
- 8.The lift the dough onto a baking tray and spread out into a flat oval. Using a pizza cutter/knife make two cuts in a line down the middle of the ovals with a gap between them, stopping 2cm/1in from each end. Then make 12 diagonal cuts in the dough, 6 either side of the central cuts, forming a leaf design, then stretch the dough out slightly to emphasise the holes.
- 9.Brush a little olive oil over the top of the loaves
- 10.Sprinkle over the oregano and bake for 15–20 minutes, or until the fougasse sounds hollow when tapped on the base.
11. Remove from the oven and while still hot, brush with more olive oil and sprinkle with the sea salt.

400g strong white bread [flour](#),
2 tsp [salt](#)
7g sachet instant [yeast](#)
2 tbsp [olive oil](#), plus extra for
greasing and drizzling
250ml warm water
2tbsp. Chopped herbs
½ tsp dried [oregano](#)
[sea salt](#) flakes, crushed, to finish



To make the sauce, drain the pineapple in a sieve over a bowl and keep all the juice – you should have about 150ml/5fl oz. Put the cornflour in a large bowl and stir in three tablespoons of the pineapple juice to make a smooth paste.

Add the remaining juice and 75ml water, then stir in the soy sauce, vinegar, sugar, ketchup and chilli powder until thoroughly combined.

Prepare your all meat, veg and aromatics

Cook your rice/noodles

Heat a tablespoon of the oil wok and stir-fry the veg for two minutes over a high heat. Add the remaining oil and the chicken to the pan and stir-fry for two minutes until coloured on all sides.

Add the garlic, ginger, pineapple chunks and stir-fry for 30–60 seconds.

Give the cornflour and pineapple mixture a good stir and add it to the pan with the chicken and vegetables.

Stir well, season with some ground black pepper and bring to a simmer.

Cook for 4–6 minutes until the sauce is thickened and glossy and the chicken is tender and cooked throughout,

1 x 425g [pineapple](#) chunks in natural juice

1 tbsp [cornflour](#)

1 tbsp dark [soy sauce](#)

1 tbsp [white wine vinegar](#)

1 tbsp soft light [brown sugar](#)

1 tbsp tomato [ketchup](#)

½ tsp chilli powder

1 boneless, skinless [chicken breasts](#)

1 tbsp [sunflower oil](#)

2 [garlic](#) cloves, peeled and crushed

Thumb size piece of ginger – prepared & grated

Sweet and
Sour

Flatbread

**400g plain flour 2 tsp sea salt
1 tsp instant yeast,
2 tbsp olive oil,**

Place the flour and salt into a large bowl and make a well in the centre.

In a measuring jug stir the yeast and olive oil into 225ml lukewarm water and pour into the well in the dry ingredients.

Mix to form a soft but firm dough.

Transfer the dough to a lightly floured surface and knead for about 5 minutes until smooth and elastic.

Put the dough on a tray, cover with a tea towel and leave to rise in the oven on 50c for 30 minutes

Knock back the dough by kneading it for 2 minutes

Divide it into six even balls and roll each ball into an oval about 5mm thick.

Preheat a griddle pan. Brush each flatbread with olive oil and cook on the griddle for 2–3 minutes, turning once. Sprinkle with sea salt before serving.

Tikka Masala

Chop onions, ginger & garlic

Heat the oil in a large frying pan and add 1 tsp cumin seeds.

Toss in the onions and cook for 10 minutes, or until they are golden-brown, adding a splash of water to the pan if they begin to stick.

Add the garlic and ginger with a splash of water, stir well and cook for 1 minute.

Add the spices with some salt and pepper and cook for another minute.

Add tomato puree and fry for 1 minute

Add chopped tomatoes and 100ml cold water

Simmer for 10-15 mins

Add more water if necessary

Meanwhile, heat a griddle pan and chop chicken and pepper
Fry until golden and cooked through.

Add to curry and stir in natural yoghurt.

Season

1 onion

2 cloves garlic

Piece of ginger

1 tbsp tomato puree

1 tsp ground [turmeric](#)

2 tsp ground [paprika](#)

2 tsp

ground [coriander](#)

½ tsp cumin

1 tin chopped
tomatoes

1 pepper

Marinated chicken

Chunky Salsa



1 red onion

4 (ish) ripe tomatoes

½ pepper (any colour)

½ red chilli

½ tsp paprika

1 lime

Salt & Pepper

Olive Oil

Chop the onion, chilli and pepper as finely as you can and place in a mixing bowl.

Chop the middle out of the tomato and save them for a tomato sauce.

Chop the tomato's finely and add to the salsa.

Season with a little lime juice, paprika, S&P.

Add 1 tsp olive oil.

Taste & eat

Want it sweeter?

Add sweetcorn, pineapple or chopped up avocado.

Risotto

Make up a 1.1l of hot stock in a measuring jug

Peel and finely chop the onion and garlic, trim and finely chop the celery. Finely grate the Parmesan.

In a separate pan, heat 1 tsp oil and the butter over a low heat (1-2), add the onions, garlic and celery, and fry gently for about 15 minutes, or until softened but not coloured.

Add the rice and turn up the heat to 5 – the rice will now begin to lightly fry, so keep stirring it. After 1 minute it will look slightly translucent. Add the wine and keep stirring.

Add your first ladle of stock and a good pinch of salt. Turn the heat down to a simmer (1-2) so the rice doesn't cook too quickly on the outside.

Keep adding ladleful's of stock, stirring allowing each ladleful to be absorbed before adding the next. This will take around 15 minutes.

Taste the rice — is it cooked?

Carry on adding stock until the rice is soft but with a slight bite.

Don't forget to check the seasoning carefully. If you run out of stock before the rice is cooked, add some boiling water.

Remove the pan from the heat and the Parmesan, then stir well.

1.1 litre stock

25g butter

1 stick celery

1 onion

500g Risotto Rice

75g (ish) parmesan cheese

125ml ml white wine



Goujons

- 1) Make breadcrumbs using the food mixers.
- 2) Using a white chopping board. Cut your chicken/fish into long strips (approx 2cm wide)
- 3) Season your breadcrumbs if you wish
- 4) In three/plates/bowls place your flour, beaten egg & breadcrumbs.
- 5) Dip each goujon in the flour, then the eggs & finally the breadcrumbs getting a good even covering.
- 6) Using a frying pan, shallow fry in a little oil until golden. Then place in the oven on a baking tray for 5-10 minutes
- 7) Check the temperature using the probe.
- 8) Place in the fridge till the end of the day.



Potato Wedges

Pre-heat oven to 210c

- 1) Cut your potatoes into wedge shapes.
- 2) Place in a saucepan of cold water and bring to the boil.
- 3) When the water boils time 10 minutes.
- 4) Heat your baking tray in the oven with a tbsp of oil on it for 5 minutes.
- 5) Carefully place your potatoes on the oil and coat evenly
- 6) Add any salt, pepper and spices/herbs.
- 7) Place in a hot oven for about 30 minutes till golden and crispy.



Stuffed Chicken & Potato Rosti

- 1) For the chicken, make a slit down the middle of the chicken but don't cut all the way through
- 2) Fill with your cheese or other flavours
- 3) Wrap the chicken in the bacon with the fold on the bottom.
- 4) Repeat for each, wrap in cling film and place in the fridge.
- 5) Wash up, clean sides.
- 6) Peel then grate your potato
- 7) Squeeze all the water out of the potato using a clean tea towel
- 8) Place in a mixing bowl and season well.
- 9) Turn the oven on to 200c
- 10) Bind together with a little beaten egg
- 11) Shape into rounds
- 11) Heat a frying pan with 1 tsp of olive oil
- 12) When hot seal the chicken on both sides until brown
- 13) Place on a tray in the oven for 10 approx.
- 14) Fry the potato in the frying pan until golden and crisp, adding more oil if needed

Meringues

2 large egg whites 110g caster sugar

Preheat the oven to fan 100C/ conventional 110C/gas 1/4.

Line 2 baking sheets.

Tip the **2 large egg whites** into a large clean glass mixing bowl. Beat them on medium speed with an electric hand whisk until the mixture resembles a fluffy cloud and stands up in stiff peaks when the blades are lifted.

Now turn the speed up and start to add ½ **the caster sugar, a dessertspoonful at a time.**

Continue beating for 3-4 seconds between each addition. However, don't over-beat.

When ready, the mixture should be thick and glossy.

Add the remaining sugar over the mixture, then gently fold it in with a big metal spoon or rubber spatula.

Again, don't over-mix.

The mixture should now look smooth and billowy, almost like a snow drift.

Scoop up a heaped dessertspoonful of the mixture.

Using another dessertspoon, ease it on to the baking sheet to make an oval shape.

Or just drop them in rough rounds, if you prefer.

Bake for 1 ½-1 ¾ hours in a fan oven,

Cook until the meringues sound crisp when tapped underneath and are a pale coffee colour.

Mayonnaise

2 large free-range egg yolks, at room temperature
2 tsp Dijon mustard
2 tsp vinegar
100ml vegetable oil and 100ml sunflower oil

- Whisk the egg yolks, mustard and vinegar in a clean bowl then add the oil in a confident, steady stream – you need keep up with the speed of the blades. It is ready when the blades leave a visible trail through the mayonnaise. Season to taste.
- To make it by hand, it is best to get someone to help. One of you holds the bowl steady and whisks, while the other adds the oil in a gentle, continuous drizzle. Season to taste.
- Note: if it curdles, remove it from the processor or bowl and set aside. Add 1 egg yolk and whizz or whisk briskly, slowly adding back the curdled mayo. The new egg should bring it back together.
- Your mayonnaise will only keep for 3 days in the fridge.

Egg Fried Noodles/Rice

Chop all veg, garlic chilli etc.

Cook your noodles and rice separately

Stir Fry chilli, garlic etc for 30 seconds.

Add any meat & cook for 2 mins

Add vegetables, stir fry until cooked.

Push all food to one side of wok & crack the egg into the other side

Allow to the egg to cook & set then stir to break egg into small pieces.

Add noodles.

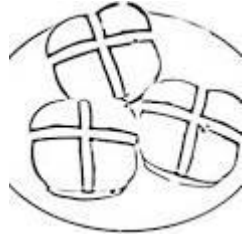
Add soy sauce, lime juice & honey

Cook for 1 minute

Place straight into tubs.

DON'T OVERHEAT THE WOKS!! KEEP IT MOVING ALL THE TIME

Hot Cross Buns



500g strong white bread flour
½ tsp salt
2 heaped tsp mixed spice
50g caster sugar

50g butter, chopped into cubes
200g mixed dried fruits
7g sachet easy-blend dried
yeast
200ml milk
2 eggs

Tip the flour into a bowl and stir in the salt, mixed spice and sugar.

Rub in the butter with your fingertips.

Stir in the dried fruit and yeast Gently warm the milk so it is hot, but still cool enough to put your finger in for a couple of seconds.

Beat with the eggs, then pour into the dried ingredients.

Using a table knife, mix the ingredients to a moist dough, then leave to soak for 5 mins.

Take out of the bowl and cut the dough into 8 equal pieces.

Shape the dough into buns on a floured surface.

Space apart on a tray with baking paper on cover loosely , then leave in a warm place for 45 minutes

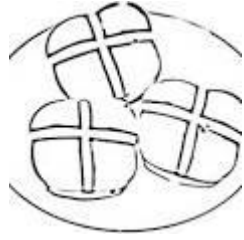
Heat oven to 220C/fan 200C/gas 7.

Mix 3tbsp of flour with 1 tbsp water to make a thick paste (like icing)

Pipe crosses on top of each bun.

Bake for 12-15 mins until risen and golden. Trim the excess cross mixture from the buns , then brush all over with honey or golden syrup.

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Crunchies

200g caster sugar

6 tbsp golden syrup

2 ½ tsp bicarbonate of soda

Chocolate to drizzle over the top

Grease a 20cm square tin with the butter.

Mix the caster sugar and syrup in a deep saucepan and stir over a gentle heat until the sugar has melted.

Try not to let the mixture bubble until the sugar grains have disappeared.

Once completely melted, turn up the heat a little and simmer until you have an amber coloured caramel (this won't take long), then as quickly as you can turn off the heat, tip in the bicarbonate and beat in with a wooden spoon until it has all disappeared and the mixture is foaming.

Scrape into the tin immediately but be careful as the mixture will be very hot.

The mixture will continue bubbling in the tin, allow to cool. Once cooled melt your chocolate and drizzle over the top of your honeycomb.



Yorkshire Puddings

150g plain flour

2 eggs

150ml milk

Heat oven to 220C

To make the batter, tip **150g plain flour**, $\frac{1}{2}$ **tsp salt** into a bowl and beat in 2 **eggs** until smooth.

Gradually add 150ml **milk** and carry on beating until the mix is completely lump-free.

Season with salt and pepper.

Pour the batter into a jug and place in the fridge.

Make your filling

Carefully and evenly pour the batter into the holes. Drizzle **oil** evenly into 6-9 Yorkshire pudding tins or a large tin and place in the oven to heat through for 10-15 mins.

Take the tray out & quickly split the mixture between the oiled tray.

Cook for approx 15 minutes until golden and risen.

Making Pasta

- 200g of flour in your bowl with 1 pinch of salt
- Beat & Mix two eggs and the yolk of a third egg
 - Make a well in your bowl
 - Add your eggs
 - With a fork, mix until smooth
 - If needed add extra egg
- Then with some flour knead your dough till really smooth.
 - Put in the fridge in a sealed plastic bag.
- Bring to school and place in the fridge on the day your cooking

Courgette Pickle

Thinly slice the courgettes using a sharp knife. Put in a bowl with the shallots and sprinkle over the salt.

Cover with ice-cold water, stir to dissolve the salt and leave for 1 hr. Drain the courgettes thoroughly and pat dry using kitchen paper or tea towels. .

Meanwhile, put the pickling ingredients into a pan and bring to a simmer. Bubble for 3 mins, making sure the sugar has dissolved, then leave to cool until warm but not hot.

Add the courgettes and stir.

Scoop the mixture into 2 x 500ml sterilised jars (see below to find out how to sterilise a jar). Seal and leave for a few days in the fridge. Kept chilled, these will keep for a couple of months.



250g courgettes
1 shallots, finely chopped
1
tbsp non-iodised salt
For the pickling liquid
250ml cider vinegar
70g golden caster sugar
1/2 tsp mustard powder
1/2 tsp mustard seeds
1/2 tsp pickling spice
1/2 tsp dried chilli, crumbled
1/2 tsp ground turmeric

200g plain flour
100g butter
60g oats
7 tbsp light brown sugar
500g fruit (rhubarb, apples,
plums, nectarines, raisins,
pears etc)

Fruit Crumble



Preheat the oven to 180C/350F/Gas 4.

Chop the fruit and place in cold water

Place in a pan over a low heat with 2tbsp sugar, ½ teaspoon
butter, 1tsp water, ginger etc.

Warm through for 10 minutes until stewed.

For the crumble topping, in a bowl, rub together 200g flour and
100g butter with your hands until it resembles breadcrumbs.

Add the remaining dry ingredients and the 4tbsp sugar.

Set aside.

Place fruit into oven dish

Top with the crumble mixture and bake for 20-30 minutes, or
until the topping is golden-brown.

Swiss Roll

3 free-range [eggs](#)
75g/3oz golden [caster sugar](#)
75g/3oz [self-raising flour](#)
For the filling
75g/3oz [raspberry jam](#)

Grease and line a 23cm x 30cm/9in x 12in Swiss roll tin

Whisk the eggs and sugar in a bowl until pale and fluffy.

Fold in the flour and spoon the mixture into the tin. Bake in the oven for 7-10 minutes, or until light and springy to the touch.

Whilst is baking place a piece of greaseproof paper on top on a clean tea towel and dust with sugar.

Remove from the oven and turn the sponge out onto another piece of greaseproof paper.

For the filling, spread the jam onto the sponge, leaving a small gap around the edges.

Make an indent with a pallet knife in the top of the sponge and roll over using the tea towel.

Dust with icing sugar and serve.

Preheat the oven to 200C

Eclairs

Preheat the oven to 170C/325F/Gas 3.

For the choux pastry, place the water, milk, butter, sugar and salt in a medium saucepan over a high heat and bring the mixture to a boil.

Remove the pan from the heat and, using a wooden spoon, quickly beat in the flour until the mixture is completely smooth.

Turn the heat down to medium, return the pan to the hob and cook for about one minute, beating all the time, or until the mixture comes away from the edge of the pan.

Remove the pan from the heat and gradually beat in the eggs until you have a smooth, dropping consistency. (You are looking for the mixture to just drop from the spoon, not run off it; you may not need all of the egg to reach this stage.)

Transfer the paste to a large piping bag fitted with a 1.5cm/½in fluted nozzle and let the mixture to cool for about five minutes in the bag to stiffen slightly before you begin the piping.

Line a large baking tray with greaseproof paper and pipe on 12 éclairs, each about 15cm/6in long. Alternatively, for a more professional and uniform finish, pipe four rows of pastry, each about 36cm/14in long, onto a non-stick tray and freeze. Cut the frozen strips into three and either defrost and cook as below, or bake from frozen and add five minutes to the cooking time.

Bake the éclairs in the preheated oven for 30-35 minutes or until golden-brown, then transfer to a rack and leave to cool.

- 4 tbsp water
- 4 tbsp whole [milk](#)
- 50g/2oz unsalted [butter](#), at room temperature
- 1 tsp [caster sugar](#)
- pinch [sea salt](#)
- 100g/4oz [plain flour](#)
- 4 medium free-range [eggs](#), beaten

Soda Bread

Preheat oven to 200c

Sift the flour and bicarbonate of soda into a large mixing bowl and stir in the salt. Make a well in the centre and pour in the buttermilk, stirring as you go. If necessary, add a tablespoon or two of water to bring the mixture together; it should form a soft sticky dough.

Tip it out on to a lightly floured work surface and knead lightly for about a minute, just long enough to pull it together into a loose ball but no longer – you need to get it into the oven while the bicarb is still doing its stuff. Shape into two rounds and mark a deep cross in it with a sharp, serrated knife, cutting about two-thirds of the way through the loaf. Put it in an oven and bake for 40-45 minutes, until the loaf sounds hollow when tapped underneath. Cool on a wire rack if you like a crunchy crust, or wrap in a clean tea towel if you prefer a soft crust

450g plain flour
2 tsp bicarbonate of soda
1 tsp fine sea salt
1 tsp sugar
Approx. 400ml buttermilk or
live yoghurt

