



RECIPE BOOK



Reaside Academy

**Fruit and
vegetables**

**Bread, rice,
potatoes, pasta
and other starchy foods**



**Meat, fish,
eggs, beans**

and other non-dairy
sources of protein

**Milk and
dairy foods**

**Food and drinks
high in fat and/or sugar**



MUFFINS

Ingredients

125g S.R Flour
2tbsp sunflower oil
50g caster sugar
Cases
1 egg
125ml milk
50g blueberries or dried fruit

Other items:

Dish Cloth
Tea Towel
12 Paper Cake

Method

1. Preheat the oven to 190°C/gas Mark 5
2. Place 12 paper cases in the Bun Tin
3. Put the flour and sugar into the mixing bowl
4. Make a well in the centre of the mixture in a small basin, add the egg and beat
5. Add the oil and milk to the egg mixture
6. Add this mixture to the flour in the large bowl, add fruit
7. Use a spoon to mix the ingredients together. **DO NOT** overbeat. The mixture will remain lumpy.
8. Spoon the mixture evenly into the 12 cases
9. Put in the oven. Remove when cooked
9. Complete the clearing up
10. Put the cooled cakes into the container and store

FRESH FRUIT SALAD

Ingredients

1 Apple

1 Pear

1 Banana

1 Orange

50g Grapes

1 tin fruit (unsweetened juice) OR

1 small carton of unsweetened fruit juice (not apple juice)

You could add a kiwi fruit, peeled and thinly sliced, or a few raspberries or halved strawberries for a change

Other items:

Tea towel

Dish cloth

Method

1. Open tin of fruit and put in bowl OR pour in fruit juice
2. Wash the apple, cut it into quarters, remove the peel and core, add to the juice.
3. Peel and slice the banana and orange, add to the juice
4. Wash the grapes, cut into two and remove the pips. Add to the juice
5. Serve the fruit salad when completely cold.

TOMATO SAUCE FOR PASTA

Serves 2

Ingredients

Pasta cooked

Other items:

Dish cloth

For the Sauce

1 small onion, finely chopped

100g mushrooms, sliced

1 tsp. Sunflower oil

400g can of tomatoes or Passata

1 tbsp chopped fresh basil (optional)

salt & pepper

You may add 2 optional ingredients e.g. sweet corn, courgette, pepper

Method

1. Peel and dice onion. Slice other vegetables. Sauté the onion and vegetables in the oil for 5 minutes.
2. Stir in the tomatoes and cook gently for 15 minutes to reduce the sauce.
3. Add the basil, if using and simmer for a further 5 minutes.
4. Season to taste.
5. At home serve with the pasta, topped with cheese and freshly ground black pepper

BACONEESE

Cream potato wedges

Serves 4

Ingredients

- 2 large baking potatoes*
- 2 tablespoons olive oil*
- 1 teaspoon paprika*
- ½ teaspoon sea salt*
- 75g (3oz) streaky bacon, chopped*
- 100g (4oz) Gruyere or Cheddar finely grated*
- 4 salad onions - chopped*

Other items:

- Tea Towel*
- Dish Cloth*

For the dip

- 300ml (½ pint soured cream)*
- 4 salad onions, finely chopped*
- 1 teaspoon horseradish sauce*

Method

- 1. Pre-heat the oven to 220°C/425°F/Gas 7. Cut each potato into 8 wedges and place in a bowl with the oil, paprika and salt. Toss well together, arrange on a sturdy baking sheet and cook for 20 minutes, turning occasionally. Chop bacon finely. Scatter over the bacon and return to the oven for 10 minutes until the potatoes are cooked through and golden and the bacon is sizzling and crispy.*
- 2. Scatter over the grated cheese and salad onions and return to the oven for a further 10 minutes until the cheese is melted and bubbly and the wedges are nicely browned.*
- 3. At home- make the dip by stirring together the soured cream, salad onions and horseradish sauce. Spoon into a serving bowl, place the bowl into the centre of a large plate and arrange the cheesy wedges around the dip, scraping and cheese and bacon pieces on top of the wedges. Serve hot.*

HIGH FIBRE ROCK CAKES

Ingredients

225g wholemeal S.R. flour or
125g white SR flour and 100g SR wholemeal
75g hard margarine
25g sugar
1 egg
2tbls. milk

Other items:

Tea Towel
Dish cloth

Method

1. Preheat oven to 190°C Gas 5, then grease the baking tray
2. Sieve flour into a bowl and rub in the margarine
3. Stir in sugar and fruit
4. Beat egg and milk in a small bowl and add to the flour mix
5. Bind together with a wooden spoon and place teaspoons of the mix on the greased baking tray
6. Bake for 15-20 minutes until golden.
7. Cool on a wire rack

FAIRY CAKES

Ingredients

100g S R Flour
100g margarine
100g caster sugar
2 eggs

Other items:

Tea Towel
Dish Cloth
12 cake cases

Method

1. Light the oven Gas 5/190°C. Place the shelf just above centre. Place 12 paper cases into a bun tray.
2. Beat margarine and sugar together until creamy and light.
3. Add the beaten eggs a drop at a time, beat well.
4. Sieve the flour into a bowl and beat with a wooden spoon until light and fluffy.
5. Divide the mixture between the paper cases and bake for approx 15-20 minutes until golden, well risen and firm.

You could add any of the following:-

QUEEN CAKES 50g currants or sultanas
(make as above but adding the fruit)

CHERRY CAKES 50g cherries which have been washed, dried and chopped
(make as above)

BUTTERFLY CAKES 100g icing sugar, 50g margarine, 2 tsp milk
(make exactly as main recipe. Make butter cream by sieving the icing sugar, adding margarine and milk and beating together until smooth and light. Slice tops of the cooled cakes and cut in half to make wings. Put a little butter cream on each cake and add the wings. Finish with a sifting of icing sugar.

PAELLA

Ingredients

2 tbslp vegetable oil
1 onion, sliced
1 red pepper, seeded and diced
1 garlic clove, crushed
150g long grain or basmati rice
800ml chicken or vegetable stock or 1 stock cube

Additional ingredients to choose from:

½ teaspoon each paprika & turmeric
100g bacon or ham
175g large prawns or seafood
100g frozen peas
100g sweetcorn
Salt & Pepper

Other items:

Tea Towel
Dish Cloth

Method

1. Heat the oil in a large frying pan and cook the onion (bacon if using) for 3-4 minutes until and golden.
2. Add the red pepper, garlic and rice and stir fry for 1 minute.
3. Make up stock with boiling water
4. Add the stock, paprika and turmeric, bring to the boil and simmer for 12 minutes.
5. Stir in the prawns, ham and peas and cook for a further 3-4 minutes until the rice and vegetables are tender.
Season to taste.

CHICKEN KORMA

Ingredients

1 tblsp vegetable oil
1 onion, roughly chopped
50ml natural yoghurt
125ml double cream
1 teaspoon ground turmeric
½ tsp salt
2 tsp hot chilli powder
3 cloves garlic - crushed
3 tblsp ground almonds
2-4 X 100g boneless, skinless chicken breasts, each cut into 6 pieces.

Other items:

Tea Towel
Dish Cloth

Method

1. Peel and dice onion. Heat the oil in a small pan and cook the onion for 5 minutes until soft.
2. Place onion in a food processor with the yoghurt, cream, salt, turmeric, chilli, garlic and almonds and whiz until well blended.
3. Cut chicken into 6 pieces, fry in saucepan with a little oil, cook until white..
4. Add sauce from food processor and simmer gently until chicken is thoroughly cooked
5. Garnish with flaked almonds and coriander sprigs, if you wish and serve with naan or rice and salad.

CHICKEN CHOW MEIN

Ingredients

175 g ready to cook noodles
1 tblsp sunflower oil
1 Onion thinly sliced
2 garlic cloves
1 cm piece ginger (optional)
100g bean sprouts
100g mange-tout, or peas
175g cooked chicken - shredded
1 tblsp soy sauce
1 tblsp sweet chilli sauce

Other items:

Tea Towel
Dish Cloth

Method

1. Peel and slice onion, garlic, grate ginger
2. Meanwhile heat the oil in a wok or deep frying pan and stir-fry the onion over a high heat for 2-3 minutes until beginning to brown.
3. Add the grated ginger bean sprouts and mange-tout (or peas) and stir-fry for 1 minute.
4. Open noodles add to the wok with the cooked chicken and soy sauce and cook for 2 minutes until piping hot.
5. Stir in the sweet chilli sauce.

LASAGNE

Ingredients

175g pre-cooked lasagne

Cheese Sauce

shallow

375 ml milk

25g margarine

25g plain flour

½ level tsp mustard

100g cheddar cheese

Meat Sauce

1 onion

100g mushrooms

1 green pepper

250g minced beef

1 clove of garlic

400g can tomatoes

1 stock cube

Herbs

Other items:

Tea Towel

Dish Cloth

Ovenproof dish

Method

1. Peel and dice onion, pepper and garlic.
2. Make the meat sauce by gently browning the mince and onion in a large saucepan. Add the chopped mushrooms, pepper, garlic, tomatoes, stock cube and herbs. Simmer.
3. Make the cheese sauce by the All In One method : put the milk, flour and margarine into a saucepan. Bring to the boil, whisking all the time, until thickened. Add most of the cheese, saving a little for the top. Check the seasoning.
4. Put layers of cheese sauce, lasagne and meat sauce into a shallow ovenproof dish, finishing with a layer of cheese sauce. Sprinkle with the remaining cheese.
5. Bake in the oven 180°C, for about 30 minutes until golden brown. Serve with salad.

PIZZA

Ingredients

1 ready made pizza base or alternative
1 small tin tomatoes or pizza topping, Passata
pinch mixed herbs
100g grated cheese (cheddar or mozzarella)

Other items:

Tea Towel
Dish Cloth

Method

1. Preheat the oven to 200°C and then line a baking tray with liner.
2. Peel and slice/ dice toppings. Grate cheese and drain tomatoes.
3. Arrange ingredients on pizza base.
4. Cook for 10- 15 minutes.
5. Serve with salad.

Alternative toppings

Tuna fish
Sardines
Peppers
Pineapple
Ham
Anchovies
Olives
Chicken

SALAD DRESSINGS

Mustard & Vinegar Dressing

6 tblsp olive oil
2tblsp Dijon or coarse grain mustard
2 tblsp red or white wine/cider vinegar
Salt & Black Pepper

Other items:

Tea Towel
Dish Cloth

Honey & Mustard Dressing

As above, but add 1 tblsp runny honey

Olive oil and Lemon Juice Dressing

2 tblsp lemon juice
5 tblsp olive oil
Salt & Black Pepper

Thai Dressing

4 tblsp lime juice - 2 limes
3 tblsp olive oil
1 tblsp sesame or flavoured oil (optional)
1 tblsp soy sauce
½ tsp sugar
1 tblsp fresh ginger
1 clove garlic - chopped
1 red chilli
25g fresh coriander/basil - one type or a mixture of both.

SALADS

RICE SALAD

Ingredients

100g. white long grain rice

50g. peas

50g. sweet-corn or add vegetables of your choice:

e.g. red/green peppers, spring onions, fresh herbs, mushrooms

Method

Cook the rice in boiling salted water for 10 minutes, drain in a sieve and cool in cold running water.

Chop and prepare the other ingredients, stir together.

Serve with French dressing.

PASTA SALAD

Ingredients

100g. dried pasta shapes

1 can tuna

25g. sweet-corn

50g. (2tblsp.) mayonnaise

Method

Cook the pasta in boiling salted water for 10 minutes, drain in a colander.

Cool in cold water. Drain well.

Drain tuna and mix with mayonnaise and sweetcorn.

SALAD IDEAS USING OTHER STAPLE FOODS

TORTILLA WRAPS, PITTA BREAD, BAGUETTES

2-4 tortilla wraps, pitta bread, or 1 baguette

- 1 protein food, e.g. 100g. cooked chicken; 100g. chicken tikka; 100g. ham or other cooked meat; 1 tin tuna; cheese
- 2-3 salad ingredients, e.g. ½ bag of salad leaves or 3-4 lettuce leaves; 2 tomatoes; ¼ cucumber; 2-3 spring onions; bunch watercress; 2-3 radishes; few fresh herbs
- 2-3 tablespoons dressing, e.g. mayonnaise; salad cream; natural yoghurt

JACKET POTATO AND FILLING WITH SIDE SALAD

1 medium or large potato

- 50g. cheese
- 10g. butter
- 1 protein food, e.g. 50g. ham; 50g. tuna
- 1 tbsp. mayonnaise (optional)

Salad garnish, e.g. ¼ cucumber; 2 tomatoes; ½ bag salad leaves or 2-3 lettuce leaves.

COUSCOUS SALAD

200g. plain couscous or a packet of flavoured couscous

A mixture of salad vegetables and a protein food e.g.

- 100g. cooked chicken or 100g. ham, 100g. prawns
- 1 small tin sweet corn
- ½ red pepper
- ¼ cucumber
- Drizzle of olive oil

CHILLED LEMON FLAN

Ingredients

100g digestive biscuits
50g butter/margarine
125ml double cream
150ml condensed milk
2 large lemons

Or shallow cake tin

Other items:

Dish Cloth
Tea Towel

7" / 15-18cm flan case

Method

1. Crush digestive biscuits in food processor, melt butter in saucepan over low heat and add the crushed biscuits, mix well.
2. Press biscuits into prepared flan case using a metal spoon- allow to cool.
3. Finely grate lemon rind, mix together cream, condensed milk, lemon rind and slowly squeeze in the lemon juice.
4. Pour into flan case and chill.

BAKEWELL TART

Ingredients

1 quantity short-crust pastry (100g)
shallow sandwich 50g soft margarine
cake tin

50g caster sugar

1 egg

50g SR flour white

2tblsp jam (usually raspberry)

1tsp almond essence (optional)

If 200g pastry is used use double amount of filling

Other items:

Flan case or

Method

1. Pre heat oven 190 C gas 5
2. Make short-crust pastry. Roll pastry and line flan case.
3. Spread jam over base of pastry.
4. Make creamed mixture. Beat margarine and sugar together until fluffy, add beaten eggs and stir in flour and almond essence (or use the all in one method use an electric hand whisk if necessary)
5. Spread creamed mixture over jam carefully use a palette or table knife
6. Cook for 25- 30 minutes until golden brown and springy to touch
7. When cool add glaze icing/feather icing

DANISH MEATBALLS

Ingredients

250g minced pork
1 egg, beaten
1 medium onion finely chopped
2 tbsp. flour
Salt and Pepper
1 tbsp. oil

Other items:

Tea towel and dishcloth

Method

1. Put the meat into a mixing bowl and stir in the beaten egg.
2. Add the chopped onion and mix well.
3. Add the flour and stir.
4. Shape the meat into approx. 8 meatballs
5. Gently fry the meatballs in a frying pan, half at a time, until brown, turning occasionally and cook for approximately 15 minutes in total.
6. Gently lift into container.

PLAIN SCONES

Ingredients

250g self-raising flour
½ teasp. baking powder
40g hard margarine
125ml milk

Other items:

Tea Towel
Dish cloth

Method

1. Light the oven 220°C, line baking tray with liner.
2. Sieve the flour into a bowl and rub in the margarine add baking powder.
3. Pour in the milk and mix to a fairly soft but not sticky dough.
4. Knead lightly, then roll out. The dough must be at least 1cm thick. Cut into rounds using a medium cutter and place on the baking tray.
5. Brush with a little milk, then bake for 12-15 minutes until golden brown.
6. Cool on a wire tray.

CURRENT SCONES - 25g sugar, 75g currants. Make as above but add sugar and currants to mixture after the margarine has been rubbed in.

CHEESE SCONES - 75g grated cheese, ½ tsp. mustard powder. Make as above but add the cheese and mustard after you have rubbed in the margarine.

BISCUITS BASIC RECIPE

Ingredients

75g wholemeal flour
75g white flour
75g margarine
50g caster sugar
1 egg

Other items:

Tea towel
Dish cloth

Method

1. Light the oven, Gas 4/120°, grease and line a baking tray.
2. Beat (cream) the margarine and sugar together with a wooden spoon until creamy.
3. Mix in the flour and any other flavourings.
4. Add enough beaten egg to give a stiff dough.
5. Roll out to 4mm thick. Cut into circles with a 60mm fluted cutter, place on the baking tray and cook for 12-15 minutes until golden brown.
6. Remove from oven and cool on a wire cooling rack.

YOU COULD ADD ANY OF THE FOLLOWING:

Orange - grated rind of an orange.

Spicy - ¼ teaspoon of cinnamon.

Fruit - 50g currents or chopped cherries or dates.

Cheese - 50g grated cheese

Herb - 1 tsp. finely chopped dried herbs.

Oat - 50g. of porridge oats instead of 50g of flour + any of the above.

GOLDEN VEGETABLE SOUP

Ingredients

1 potato
1 carrot
1 onion
1 tbs. vegetable oil
900 mls. water
2 sticks celery or 1 leek
1 chicken stock cube
Salt & Pepper

Other items:

Tea towel
Dish cloth

To Garnish

Chopped parsley

Method

1. Peel all the vegetables, grate the carrot and finely chop the other vegetables, fry for 10 minutes.
2. Add the water, stock cube, salt and pepper. Bring to the boil and simmer for about 20 minutes until all the vegetables are soft.
Check the flavour.
3. Blend in liquidiser until smooth.
4. Check consistency of soup.

TOMATO SOUP

Ingredients

400g tin of tomatoes
500ml. water
1 chicken stock cube
1 potato
1 onion
1 carrot
2½ tsp. basil

Other items:

Tea towel
Dish cloth

To Garnish

Chopped parsley

Method

1. Peel and chop the potato, onion and carrot, sauté in oil for 5 minutes in a pan with the saucepan lid on.
2. Add tomatoes, water, stock cube, salt, pepper and basil.
3. Stir to dissolve the stock cube, and then simmer gently with the lid on for about twenty minutes until soft.
4. Liquidise the soup. Check the seasoning.

BEEFBURGERS

Makes 4

Ingredients

- 250g minced meat
- 1 small onion
- Salt and pepper
- 1 egg

Other items:

Tea Towel
Dishcloth

Method

1. Peel and grate the onion. Mix with the meat, add salt and pepper.
2. Put into food processor and pulse.
3. Divide into 4 and shape each into even round burgers about 20mm thick, on a floured board.
4. Either grill for about 10 minutes, turning once, or fry for 5 minutes each side.

Serve with either barbecue sauce or tomato sauce.

PINEAPPLE UPSIDE-DOWN PUDDING

Serves about 4

Ingredients

- 1 small can pineapple rings
- 2 glace cherries
- 2 tablespoons of golden syrup
- 100g self-raising flour
- 100g soft margarine
- 100g caster sugar
- 2 eggs

Other items:

Tea Towel
Dishcloth
Deep 18cm cake tin or
20cm sandwich cake tin
Plate

Method

1. Light the oven, Gas 4, 180°C. Place the shelf in the centre of the oven.
2. Grease the tin. Use either a deep 18cm cake tin or a 20cm sandwich cake tin or deep cake tin.
3. Cover the bottom of the tin with a thin layer of golden syrup. Drain the pineapple rings and place them on the syrup with half a cherry in the centre of each ring.
4. Sieve the flour into a bowl. Add the margarine, sugar, eggs and beat well until light and fluffy. Spread this mixture carefully over the pineapples.
5. Bake for about 45 minutes until firm. Turn out onto a plate.
6. Serve with either custard.

SWISS ROLL

Ingredients

2 eggs or 3 eggs
50g or 75g caster sugar
50g or 75g plain flour
Container
2-3 tablespoons of jam
Extra sugar for rolling up

Other items:

Tea Towel
Dishcloth

Method

1. Light the oven, Gas 6, 200°C. Position the shelf near the top of the oven.
2. Line a Swiss roll tin, 18cm x 30cm with greaseproof paper. Grease the paper. Sieve the flour onto a plate.
3. Whisk the eggs and sugar until thick. Gently fold in the flour with a metal spoon. Pour into the tin.
4. Bake for about 8-10 mins until firm and golden brown. Do not overcook or it will break when you are trying to roll it up.
5. While the cake is baking, spread the extra sugar over a piece of greaseproof paper. Place a sharp knife and a palette knife beside the paper. Warm the jam.
6. When the Swiss roll is cooked, tip it onto the sugared paper. Peel off the lining paper. Trim the edges of the Swiss roll.
7. Spread quickly with the warm jam then roll it up, using the paper to help you. Cool on a wire rack.

FRUIT CRUMBLE

Ingredients

EITHER 200g plain or wholemeal flour
OR 100g plain SR flour & 100g rolled oats
100g polyunsaturated margarine
50g Demerara/golden granulated sugar
EITHER 1 tin of pie filling
OR 400g fresh or frozen fruit + 50g sugar

Other items:

Tea towel
Dishcloth
Dish

Method

1. Pre-heat oven to 200°C/Gas Mark 6, shelves top and middle.
2. Open tin of pie-filling or prepare fruit and sweeten if necessary.
3. Sieve flour into mixing bowl, tip and bran left into the bowl.
4. Using round bladed knife, cut margarine into cubes and place into mixing bowl.
5. Rub margarine into flour with fingertips, until mixture looks like breadcrumbs. Add oats if using them and stir in the sugar.
6. Spread mixture evenly over the fruit, marking with a fork. Cook for 20 mins or until golden.

STUFFED PEPPERS

Ingredients

4 peppers red or green, but make sure they will stand up in the dish
75g brown or white rice
100g mushrooms
1 medium onion
1 tsp mixed herbs
2 fresh tomatoes
25g frozen peas or sweet corn (optional)
1 vegetable stock cube
Salt and pepper

Other items:

Tea towel
Dish cloth

Method

1. Cook the rice. Put a pan of water on to boil, add the stock cube. Wash the rice in a sieve under a cold tap. Tip into the boiling water bring back to the boil and simmer for 11 minutes for white rice, 35 minutes for brown rice. Drain when cooked
2. Wash and dry the papers. Cut a 'lid' off the stalk end and remove the seeds from each pepper.
3. Pre-heat the oven Gas 4/180°C. Lightly oil the ovenproof dish.
4. Make the stuffing. Peel and chop the onion and fry in the oil for 5-10 minutes until brown. Wipe and slice the mushrooms, add to the onion, add chopped tomatoes and fry for a further 5 minutes, then add mixed herbs and salt and pepper. Add mixture to the cooked rice.
5. Fill the peppers with the stuffing. Place them in the dish and brush with a little oil or knob of butter to prevent the skin from shrinking. Cover with a lid or foil and bake for 30 minutes.

If you wish you could make some tomato sauce and pour this around the base of the peppers while they bake. This dish could be served with jacket potatoes.

SPAGHETTI BOLOGNESE

Ingredients

1 onion
100g mushrooms
1 green pepper
250g minced beef
Clove of garlic
1 large can of tomatoes/jar of pasta sauce
1 stock cube
Herbs

Other items:

Dish cloth
Dish/Container
with lid
Tea towel

Method

1. Brown the mince in a large saucepan, add chopped onions and garlic.
2. Add peppers and mushrooms
3. Add tomatoes (whole tin) seasoning and stock cube.
4. Bring to the boil, transfer to the casserole dish, cook in the oven, Gas 4/5 or 180°C for 45 minutes.
5. Serve with the spaghetti.

CHILLI CON CARNE

Ingredients

1 onion
2 cloves garlic - optional
250g mince
1 can tomatoes
16oz tin kidney beans
1 tsp chilli powder
1 red or green pepper
50g mushrooms - optional
1 stock cube
Seasoning

Other items:

Tea towel
Dish cloth
Oven-proof dish
with lid

Method

1. Brown the mince in a large saucepan, add chopped onions and garlic.
2. Add peppers and mushrooms
3. Add tomatoes (whole tin) seasoning and stock cube.
4. Bring to the boil, transfer to the casserole dish, cook in the oven, Gas 4/5 or 180°C, for 45 minutes.
5. Add kidney beans 15 minutes before the end of the cooking time.
6. Serve with rice.

TORTILLA WRAPS

Ingredients

1 tbsp olive oil
1 clove of garlic (optional)
1 onion
lid
1 red pepper
3 large tomatoes
1 can red kidney beans
1 tsp chilli sauce or powder (optional)
2 tbsp chopped fresh herbs (1tsp dried herbs)
50g grated cheddar cheese
4 wheat tortillas

Other items:

Tea towel
Dish cloth
Oven-proof dish with

Method

1. Peel and chop the onion and garlic.
2. Seed the pepper and finely chop.
3. Roughly chop the tomatoes.
4. Sauté the onion and garlic in oil until soft.
5. Add tomatoes and peppers and cook for 5 mins, while stirring.
6. Add kidney beans, herbs and chilli and cook for 2-3 minutes.
7. Use the mixture to fill the tortillas, sprinkle some cheese on top of the mixture.
8. Wrap the tortillas and place in the oven-proof dish, sprinkle with the remaining cheese.
9. Serve with lettuce and soured cream.

GREEK SALAD with Pitta Bread

Ingredients

6 tomatoes cut into thin wedges.
1 red onion cut into rings
2 cucumbers, sliced
185g olives
200g feta cheese
4tblsp extra virgin olive oil
Dried oregano to sprinkle over

Other items:

Tea towel
Dish cloth

Method

1. Place the tomatoes, onion rings, sliced cucumber and olives in a large bowl and mix together. Season with salt and freshly ground black pepper.
2. Break the feta up into large pieces with your fingers and scatter over the top of the salad.
3. Drizzle the olive oil over and sprinkle with the dried oregano.

STIR FRY

Ingredients

250g noodles
50g Chinese leaves
1 carrot
100g mushrooms
50g bean sprouts
50g bamboo shoots (optional)
4 spring onions
2 tblsp oil
2 tblsp soy sauce

Other items:

Tea towel
Dish cloth
Oven proof dish

Method

1. Put large pan of water on to boil, ready for the noodles.
2. Wash the Chinese leaves and shake dry, peel carrot, wipe mushrooms, wash the bean sprouts and spring onions and trim the ends off the onions.
3. Drop the noodles into the boiling water, bring back to the boil and simmer for around 7 minutes or as directed in the packet. Drain when cooked.
4. Cut all the vegetables (except the bean sprouts) and spring onions and stir-fry over a high heat for 2 minutes. Add the bean sprouts and spring onions and cook for a further minute.
5. Add the soy sauce and the noodles and gently warm through to heat the noodles. Turn on to a hot dish and serve straight away.

SPECIAL CHICKEN CURRY

Ingredients

1-2 chicken breasts cut up into small pieces
1 tbsp oil
1 onion, diced
3 mushroom, sliced
1 tbsp curry paste
1 small carton single cream
1 Bounty bar
Stock

Other items:

Tea towel
Dish cloth
Oven proof dish
with lid

Method

1. Gently sauté the onions in the oil
2. Add the chicken and stir. Cook gently for approx. 5 minutes until cooked through.
3. Add all the other ingredients except the Bounty bar. Simmer for approx. 15 minutes.
4. At the last minute add the cut up Bounty bar and stir until melted.

ACAPULCO CHICKEN

Ingredients

1 tbls vegetable oil
2 chicken breasts
1 onion, sliced
2 garlic cloves, chopped
1-2 teaspoons chilli powder, plus extra for sprinkling
400g (14oz) can chopped tomatoes
400g (14oz) can kidney beans, drained
½ teaspoon dried oregano

Add:

100g tortilla chips
Salt & pepper
Soured cream and parsley sprigs, to garnish
Cooked rice, to serve

Other items:

Tea towel
Dish cloth

Method

1. Heat the oil in a pan. Add the chicken, onion and garlic and cook for about 5 minutes until golden.
2. Add the chilli and stir-fry for 30 seconds, then add the tomatoes, stock, kidney beans and oregano. Season with salt and pepper, bring to the boil, cover and simmer for 20 minutes or until the chicken is tender.
3. Transfer the chicken to a serving dish and sprinkle over the tortilla chips. Top with a dollop of soured cream, some parsley sprigs and a sprinkling of chilli powder. Serve with rice

Stuffed Chicken Breasts

Ingredients

2 skinned and boned chicken breasts

Mozzarella cheese

1 tomato or tomato puree

Fresh or dried basil

4 rashers of bacon or Parma ham

Method

1. Pre heat oven to 200c. Line a baking tray.
2. Slice the chicken horizontally almost all the way through using a big knife. Open out flat.
3. Arrange the filling ingredients onto one side of the chicken and fold over the flap.
4. Wrap the bacon or ham around the outside tucking the ends underneath to make a parcel. Place on the baking tray and bake for about 20 minutes.
5. Check the chicken is thoroughly cooked.