

MRS

COOK

BOOK



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Useful tips



tsp = teaspoon

tbsp = tablespoon



Don't worry if you don't have a set of measuring spoons, just use a teaspoon and tablespoon/soup spoon that you have at home.

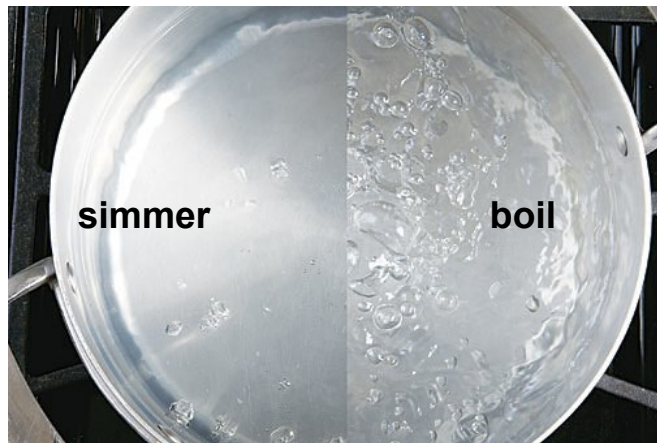
When the recipe states 'chop', cut the ingredients into small pieces however you like.



When the recipe states 'cube', cut the ingredient into slices, each slice into a long stick and then cut those sticks into cubes.



Always use a wooden spoon to stir anything hot. It doesn't get as hot as a metal spoon so it's safer to use.



When the recipe states 'simmer' turn the heat as low as possible so you only see a few bubbles coming up every now and again.

When the recipe states 'boil', turn the heat up and wait until you see plenty of bubbles.



Soups



Ingredients

- ◇ 1tbsp vegetable oil
- ◇ 1 onion, chopped
- ◇ 1tsp ground coriander
- ◇ 2 potatoes, chopped
- ◇ 500g carrots, chopped
- ◇ 4 stock cubes



Equipment

- ◇ Measuring spoons
- ◇ Chopping board
- ◇ Sharp knife
- ◇ Kitchen scales
- ◇ Large saucepan with lid
- ◇ Measuring jug
- ◇ Wooden spoon
- ◇ Vegetable peeler

Carrot and coriander soup



Instructions

1. Peel the potatoes and chop the onion, carrots and potatoes as small as you can.
2. Heat the oil in a large pan, add the onion and fry for 5 minutes until soft. Stir with a wooden spoon.
3. Stir in the ground coriander and potatoes and cook for 1 min.
4. Add the carrots, stock cubes and 1.5l of water.
5. Bring to a boil, then turn down the heat. Cover and cook for 20 minutes until the carrots and potatoes are soft.
6. When the carrots are soft, blend the soup with an electric hand blender until smooth.
7. Taste the soup and add salt if needed.



 +  
Carrot and coriander soup




























Ingredients

- 1 tbsp vegetable oil
- 1 onion, chopped
- 1 tsp ground coriander
- 2 potatoes, chopped
- 500g carrots, chopped
- 4 stock cubes


Equipment

- Measuring spoons
- Chopping board
- Sharp knife
- Kitchen scales
- Large saucepan with lid
- Measuring jug
- Wooden spoon
- Vegetable peeler


Instructions

1.  the potatoes and  the onion,  and  as small as you can.
2.  the oil in a large  pan,  the onion and  fry for 5 minutes
3.  in the ground coriander and  potatoes and  cook for 1 minute.
4.  the carrots,  stock cubes and 1.5 l of water.
5.  Bring to a boil, then  turn down the heat.  Cover and  cook for 20 minutes until the  carrots and  potatoes are soft.
6. When the  carrots are soft,  blend the  soup with an  electric hand blender until smooth.
7.  Taste the  soup and  add salt if needed.



Ingredients

- ◇ 1tbsp vegetable oil
- ◇ 1 onion, sliced
- ◇ 2 leeks, sliced
- ◇ 6 potatoes, cubed
- ◇ 4 stock cubes



Equipment

- ◇ Measuring spoons
- ◇ Chopping board
- ◇ Sharp knife
- ◇ Large saucepan with lid
- ◇ Measuring jug
- ◇ Wooden spoon
- ◇ Electric hand blender
- ◇ Vegetable peeler

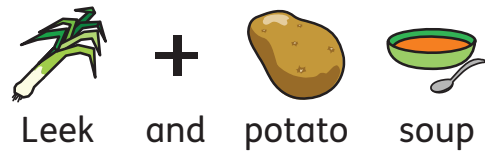
Leek and potato soup



Instructions

1. Peel the potatoes and chop the onion, leeks and potatoes as small as you can.
2. Heat the oil in a large pan, add the onions, leeks and potatoes and fry for 5 minutes until the vegetables start to soften. Stir with a wooden spoon.
3. Add the stock cubes and 1.5l of water.
4. Bring to a boil, then turn down the heat. Cover and cook for 20 minutes until the all the vegetables are soft.
5. When all the vegetables are soft, blend the soup with an electric hand blender until smooth.
6. Taste the soup and add a bit of salt and pepper.





- 1 tbsp vegetable oil

- 1 onion, sliced

- 2 leeks, sliced

- 6 potatoes, cubed

- 4 stock cubes

- Measuring spoons

- Chopping board

- Sharp knife

- Large saucepan with lid

- Measuring jug

- Wooden spoon

- Electric hand blender

- Vegetable peeler



1. Peel the potatoes and chop the onion, leeks and potatoes as small as



2. Heat the oil in a large pan, add the onions, leeks and potatoes and

- fry for 5 minutes until the vegetables start to soften. Stir with a wooden spoon.

3. Add the stock cubes and 1.5 l of water.

4. Bring to a boil, then turn down the heat. Cover and cook for 20 minutes

- until the all the vegetables are soft.

5. When all the vegetables are soft, blend the soup with an electric

- hand blender until smooth.

6. Taste the soup and add a bit of salt and pepper.



Ingredients

- ◇ 250g red lentils
- ◇ 1 tin coconut milk
- ◇ 6 curry leaves
- ◇ 2 medium tomatoes, chopped
- ◇ 2 red onions, finely chopped
- ◇ 2 red peppers, chopped
- ◇ 1 tsp turmeric



Equipment

- ◇ Kitchen scales
- ◇ Mixing bowl
- ◇ Large saucepan with lid
- ◇ Chopping board
- ◇ Sharp knife
- ◇ Measuring jug
- ◇ Colander
- ◇ Tin opener
- ◇ Wooden spoon

Red lentil and coconut soup



Instructions

1. Put the red lentils in a bowl with a lot of cold water and put aside.
2. Chop the onions, peppers, tomatoes and curry leaves as small as you can.
3. Use a colander to drain the lentils.
4. Put the lentils, coconut milk, mustard seeds, turmeric, onions, peppers and tomatoes in a large saucepan.
5. Add 500ml of water.
6. Bring to a boil then turn the heat down to minimum. Simmer for 20 minutes, until the lentils are soft.
7. Add a bit of salt and pepper.



Red lentil and coconut soup

Ingredients

- 250 g red lentils
- 1 tin coconut milk
- 6 curry leaves
- 2 medium tomatoes, chopped
- 2 red onions, finely chopped
- 2 red peppers, chopped
- 1 tsp turmeric

Equipment

- Kitchen scales
- Mixing bowl
- Large saucepan with lid
- Chopping board
- Sharp knife
- Measuring jug
- Colander
- Tin opener
- Wooden spoon

Instructions

1. Put the red lentils in a bowl with a lot of cold water and put aside.
2. Chop the onions, peppers, tomatoes and curry leaves as small as you can.
3. Use a colander to drain the lentils.
4. Put the lentils, coconut milk, mustard seeds, turmeric, onions, peppers and tomatoes in a large saucepan.
5. Add 500 ml of water.
6. Bring to a boil then turn the heat down to minimum. Simmer for 20 minutes, until the lentils are soft.
7. Add a bit of salt and pepper.



Ingredients

- ◇ 2 onions, chopped
- ◇ 2 carrots, chopped
- ◇ 2 celery sticks, chopped
- ◇ 2 garlic cloves, chopped
- ◇ 2tbsp olive oil
- ◇ 2 tins of chopped tomatoes
- ◇ 1 vegetable stock cube
- ◇ 500ml of water
- ◇ 10 basil leaves, torn



Equipment

- ◇ Chopping board
- ◇ Sharp knife
- ◇ Measuring spoons
- ◇ Tin opener
- ◇ Measuring jug
- ◇ Large saucepan with lid
- ◇ Electric hand blender
- ◇ Wooden spoon





Tomato and basil soup



Instructions
















1. Chop the onions, carrots, celery stick and garlic as small as you can.
2. Put the chopped vegetables into a saucepan.
3. Add olive oil.
4. Cook the vegetables for 10 minutes or until soft. Stir with a wooden spoon.
5. When the vegetables are soft, add the chopped tomatoes, stock cube and 500ml of water.
6. Bring to a boil, then turn the heat down to minimum and simmer for 30 minutes.
7. Blend the soup with an electric hand blender until smooth.
8. Tear the basil leaves in your hands and add to the soup.
9. Add a little bit of salt and pepper.

















 Tomato and basil soup































Ingredients

- **2**  onions, 
- **2**  carrots, 
- **2**  celery sticks, 
- **2**  garlic cloves, 
- **2**   olive oil
- **2**  tins of  tomatoes
- **1**  vegetable stock cube
- **500**  ml of  water
- **10**  basil leaves, 

Equipment

-  Chopping board
-  Sharp knife
-  Tin opener
-  Measuring jug
-  Large saucepan with  lid
-  Electric hand blender
-  Wooden spoon
-  measuring spoons

Instructions

1.  the  onions,  carrots,  celery stick and  garlic as  small as  you can.
2.  the  chopped vegetables into a  saucepan.
3.  olive oil.
4.  the  vegetables for 10 minutes or until  soft.  with a  wooden spoon.
5.  the  vegetables are  soft, add the  chopped tomatoes,  stock cube and **500**  ml of  water.
6.  Bring to a boil, then turn the heat down to minimum and simmer for 30 minutes.
7.  Blend the soup with an  electric hand blender until smooth.
8.  the  basil leaves in your hands and add to the soup.
9.  a little bit of  salt and pepper.



Ingredients

- ◇ 2 onions, chopped
- ◇ 2 celery sticks, chopped
- ◇ 3 carrots, chopped
- ◇ 6 potatoes, chopped
- ◇ 1tbsp olive oil
- ◇ 2 stock cubes



Equipment

- ◇ Sharp knife
- ◇ Wooden spoon
- ◇ Big saucepan with lid
- ◇ Chopping board
- ◇ Measuring jug
- ◇ Electric hand blender
- ◇ Measuring spoons
- ◇ Vegetable peeler

Vegetable soup



Instructions

1. Peel the potatoes and chop the onions, celery sticks, carrots and potatoes as small as you can.
2. Put all the vegetables into a saucepan with 1tbsp olive oil.
3. Cook the vegetables in the oil for about 10 minutes or until they are soft. Stir with a wooden spoon.
4. When the vegetables are soft, add 2 stock cubes and 1 litre of water.
5. Bring to a boil then simmer for 20 minutes until all vegetables are soft.
6. When the vegetables are soft, blend the soup with an electric hand blender until smooth.
7. Add a bit of salt and pepper.





- 2 onions, chopped
- 2 celery sticks, chopped
- 3 carrots, chopped
- 6 potatoes, chopped
- 1 tbsp olive oil
- 2 stock cubes

- Sharp knife
- Wooden spoon
- Big saucepan with lid
- Chopping board
- Measuring jug
- Electric hand blender
- Measuring spoons
- Vegetable peeler



1. Peel the potatoes and chop the onions, celery sticks, carrots and potatoes as small as you can.
2. Put all the vegetables into a saucepan with 1 tbsp olive oil.
3. Cook the vegetables in the oil for about 10 minutes or until they are soft. Stir with a wooden spoon.
4. When the vegetables are soft, add 2 stock cubes and 1 litre of water.
5. Bring to a boil then simmer for 20 minutes until all vegetables are soft.
6. When the vegetables are soft, blend the soup with an electric hand blender until smooth.
7. Add a bit of salt and pepper.



Main meals



Ingredients

- ◇ 1 onion, chopped
- ◇ 2 potatoes, diced
- ◇ 2tbsp olive oil
- ◇ 1 garlic clove, crushed
- ◇ 100g frozen peas
- ◇ 4 eggs
- ◇ 150ml milk
- ◇ Salt and pepper
- ◇ Butter for greasing the dish



Equipment

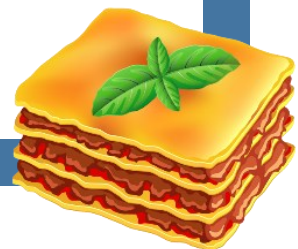
- ◇ Round oven dish
- ◇ Sharp knife
- ◇ Chopping board
- ◇ Garlic press
- ◇ Measuring jug
- ◇ Frying pan
- ◇ Kitchen scales
- ◇ Small bowl
- ◇ Fork

Baked Spanish omelette



Instructions

1. Heat oven to 180C.
2. Grease the oven dish with a bit of butter.
3. Chop the onion as small as you can.
4. Dice the potatoes into 1cm cubes.
5. Heat the olive oil in a frying pan.
6. Add the onion and potatoes and cook for about 5 minutes, until they start to soften.
7. Peel and crush the garlic. Add it to the pan and cook until the potatoes and onions start to brown.
8. Spoon the onion and potato into the oven dish. Spread it evenly. Add the peas.
9. Break the eggs into a small bowl. Beat them with a fork and add the milk. Add a bit of salt and pepper.
10. Pour the egg mixture into the oven dish.
11. Bake for about 45 minutes until cooked through.





Baked Spanish omelette



Ingredients

- **1** onion, chopped
- **2** potatoes, diced
- **2** tbsp olive oil
- **1** garlic clove, crushed
- **100g** frozen peas
- **4** eggs
- **150** ml milk
- Salt and pepper
- Butter for greasing the dish



Equipment

- Round oven dish
- Sharp knife
- Chopping board
- Garlic press
- Measuring jug
- Frying pan
- Kitchen scales
- Small bowl
- Fork



Instructions

- Heat oven to 180°C.
- Grease the oven dish with a bit of butter.
- Chop the onion as small as you can.
- Dice the potatoes into 1 cm cubes.
- Heat the olive oil in a frying pan.
- Add the onion and potatoes and cook for about 5 minutes, until they start to soften.
- Peel and crush the garlic. Add it to the pan and cook until the potatoes and onions start to brown.
- Spoon the onion and potato into the oven dish. Spread it evenly. Add the peas.
- Break the eggs into a small bowl. Beat them with a fork and add the milk. Add a bit of salt and pepper.
- Pour the egg mixture into the oven dish.
- Bake for about 45 minutes until cooked through.



Ingredients

- ◇ 500g minced meat or Quorn
- ◇ 1tbsp olive oil
- ◇ 2 garlic cloves, chopped
- ◇ 1 onion, chopped
- ◇ 1/2tsp ground cumin
- ◇ 1tsp chilli powder
- ◇ 2 bay leaves
- ◇ 1 tin chopped tomatoes
- ◇ 1 vegetable stock cube
- ◇ 1 green pepper, chopped
- ◇ 1 tin red kidney beans
- ◇ 1tsp cornflour
- ◇ Rice to serve



Equipment

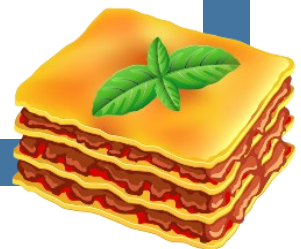
- ◇ Teaspoon
- ◇ Measuring jug
- ◇ Tin opener
- ◇ Chopping board
- ◇ Sharp knife
- ◇ Frying pan
- ◇ Large saucepan
- ◇ Wooden spoon
- ◇ Kitchen scales

Chilli con carne



Instructions

1. Chop the garlic, onion and pepper as small as you can.
2. Drain the kidney beans.
3. Heat the oil in a large frying pan and fry the onion and garlic until soft and golden.
4. Add the minced meat or Quorn, cumin, chilli powder and bay leaves and fry for until the meat is brown or Quorn is cooked through.
5. Add the chopped tomatoes, vegetable stock cube, 300ml of water and the chopped green pepper and bring to a boil. Reduce heat and simmer for 20 minutes, stirring from time to time.
6. When all the vegetables are soft, stir in the kidney beans and cook for 5 minutes.
7. Mix the cornflour with 1tbsp cold water in a small bowl to a smooth paste.
8. Stir the cornflour paste into the chilli to thicken it. Cook gently for 5 minutes. Take out the bay leaves.
9. Cook the rice according to the packet.
10. Serve the chilli with boiled rice.





Chilli con carne

Ingredients

- 500g minced meat or Quorn
- 1 tbsp olive oil
- 2 garlic cloves, chopped
- 1 onion, chopped
- 1/2 tsp ground cumin
- 1 tsp chilli powder
- 2 bay leaves
- 1 tin chopped tomatoes
- 1 vegetable stock cube
- 1 green pepper, chopped
- 1 tin red kidney beans
- 1 tsp cornflour
- Rice to serve

Equipment

- Teaspoon
- Measuring jug
- Tin opener
- Chopping board
- Sharp knife
- Frying pan
- Large saucepan
- Wooden spoon
- Kitchen scales



Instructions

1. Chop the garlic, onion and pepper as small as you can.
2. Drain the kidney beans.
3. Heat the oil in a large frying pan and fry the onion and garlic until soft and golden.
4. Add the minced meat or Quorn, cumin, chilli powder and bay leaves and fry for until the meat is brown or Quorn is cooked through.
5. Add the chopped tomatoes, vegetable stock cube, 300 ml of water and the chopped green pepper and bring to a boil. Reduce heat and simmer for 20 minutes, stirring from time to time.
6. When all the vegetables are soft, stir in the kidney beans and cook for 5 minutes.
7. Mix the cornflour with 1 tbsp cold water in a small bowl to a smooth paste.
8. Stir the cornflour paste into the chilli to thicken it. Cook gently for 5 minutes. Take out the bay leaves.
9. Cook the rice according to the packet.
10. Serve the chilli with boiled rice.



Ingredients

- ◇ 2tbsp oil
- ◇ 1 onion, chopped
- ◇ 1 garlic clove, chopped
- ◇ 500g minced meat or Quorn
- ◇ 12 lasagne sheets
- ◇ 100g hard cheese, grated
- ◇ 1 jar red lasagne sauce (500g)
- ◇ 1 jar white lasagne sauce (500g)
- ◇ Oil



Equipment

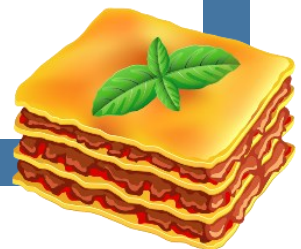
- ◇ Chopping board
- ◇ Sharp knife
- ◇ Frying pan
- ◇ Rectangular oven dish
- ◇ Wooden spoon
- ◇ Table spoon
- ◇ Grater

Classic lasagne










Instructions

1. Heat oven to 180C.
2. Heat the oil in a frying pan and add the onion and garlic. Fry for 2 minutes until the onion starts to soften.
3. Add the meat or Quorn and fry until meat is brown or Quorn is cooked through.
4. Add the red lasagne sauce to the meat or Quorn and heat through.
5. Oil the oven dish.
6. Spoon one third of the meat sauce into the dish.
7. Cover the sauce with lasagne sheets as neatly as possible. (approximately 4 sheets per layer)
8. Spoon one third of the white sauce over the lasagne sheets.
9. Repeat steps 6-8 until you have 3 layers of each: red sauce, lasagne sheets and white sauce on top. Make sure you can't see any pasta poking through on top.
10. Sprinkle the grated cheese on top.
11. Bake for 45mins until the top is bubbling and lightly browned.










Classic lasagne

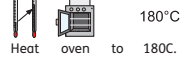
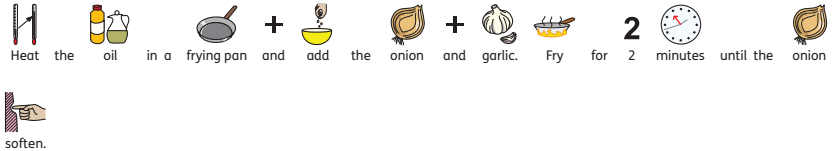

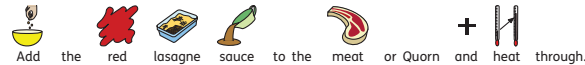


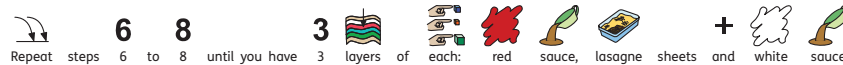
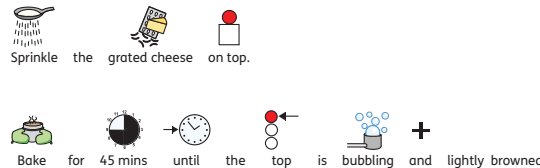
Ingredients

-  2 tbsp oil
-  1 onion, chopped
-  1 garlic clove, chopped
-  500g minced meat or Quorn
-  12 lasagne sheets
-  100g hard cheese, grated
-  1 jar red lasagne sauce (500g)
-  1 jar white lasagne sauce (500g)
-  Oil

Equipment

-  Chopping board
-  Sharp knife
-  Frying pan
-  Rectangular oven dish
-  Wooden spoon
-  Tablespoon
-  Grater

Instructions

1.  Heat oven to 180°C.
2.  Heat the oil in a frying pan and add the onion and garlic. Fry for 2 minutes until the onion starts to soften.
3.  Add the meat or Quorn and fry until meat is brown or Quorn is cooked through.
4.  Add the red lasagne sauce to the meat or Quorn and heat through.
5.  Oil the oven dish.
6.  Spoon one third of the meat sauce into the dish.
7.  Cover the sauce with lasagne sheets as neatly as possible. (approximately 4 sheets per layer)
8.  Spoon one third of the white sauce over the lasagne sheets.
9.  Repeat steps 6 to 8 until you have 3 layers of each: red sauce, lasagne sheets and white sauce
10.  on top. Make sure you can't see any pasta poking through on top.
11.  Bake for 45 mins until the top is bubbling and lightly browned.



Ingredients

- ◇ 2tbsp vegetable oil
- ◇ 2 onions, sliced
- ◇ 4tbsp curry paste
- ◇ 2 vegetable stock cubes
- ◇ 2 carrots, diced
- ◇ 100g green beans, chopped
- ◇ 100g red lentils
- ◇ Basmati rice
- ◇ 1/2tsp turmeric



Equipment

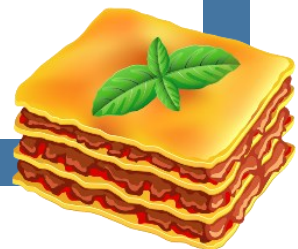
- ◇ Sharp knife
- ◇ Wooden spoon
- ◇ Big saucepan
- ◇ Chopping board
- ◇ Measuring jug
- ◇ Measuring spoons
- ◇ Kitchen scales

Easy lentil curry



Instructions

1. Heat the oil in a large pan.
2. Add the onions and cook for about 8 minutes or until they are golden brown.
3. Stir in the curry paste and cook for 1 minute.
4. Add the vegetable stock cubes and 850ml of water. Stir well.
5. Stir in the chopped vegetables, cover and simmer for 5 minutes.
6. Add the lentils and simmer for a further 15-20 minutes or until the vegetables and lentils are soft.
7. While the curry is simmering, cook the rice according to the packet instructions, adding the turmeric to the cooking water. Drain well.
8. When the vegetables and lentils are soft, add some salt to the curry.
9. Serve with rice.





Easy



lentil



curry



Ingredients



Equipment

- 2 2 tbsp vegetable oil
- 2 2 onions, sliced
- 4 4 tbsp curry paste
- 2 2 vegetable stock cubes
- 2 2 carrots, diced
- 100 100g green beans, chopped
- 100 100g red lentils
- Basmati rice
- $\frac{1}{2}$ $\frac{1}{2}$ tsp turmeric

- Sharp knife
- Wooden spoon
- Big saucepan
- Chopping board
- Measuring jug
- Measuring spoons
- Kitchen scales



Instructions

1. Heat the oil in a large pan.
2. Add the onions and cook for about 8 minutes or until they are golden brown.
3. Stir in the curry paste and cook for 1 minute.
4. Add the vegetable stock cubes and 850 ml of water. Stir well.
5. Stir in the chopped vegetables, cover and simmer for 5 minutes.
6. Add the lentils and simmer for a further 15-20 minutes or until the vegetables are soft.
7. While the curry is simmering, cook the rice according to the packet instructions, adding the turmeric to the cooking water. Drain well.
8. When the vegetables and lentils are soft, add some salt to the curry.
9. Serve with rice.



Ingredients

- ◇ 4 large potatoes
- ◇ Oil
- ◇ 2 tins of tuna, drained
- ◇ 4tbsp mayonnaise
- ◇ Butter (optional)



Equipment

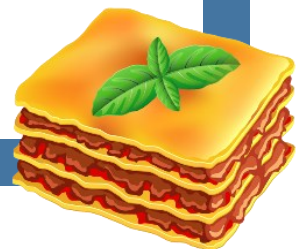
- ◇ Fork
- ◇ Baking tray
- ◇ Mixing bowl
- ◇ Table spoon

Jacket potatoes with tuna



Instructions

1. Heat oven to 200C.
2. Pierce the potatoes all over with a fork and rub some oil into them.
3. Bake for 20mins, then turn down the oven to 170C and bake for 45 mins-1 hr (1hr for very large potatoes, 45mins for smaller ones) until the skin is crisp and they are soft inside.
4. While the potatoes are baking, prepare the tuna.
5. In a bowl, put the drained tuna and mayonnaise. Mix well. Break the tuna with a fork so there are no big pieces.
6. When the potatoes are ready, make a deep cross in each of them and fill it with the tuna mayonnaise.
7. You can put some butter on the potato before adding the tuna.



Jacket potatoes with tuna

Ingredients

- 4 large potatoes
- Oil
- 2 tins of tuna, drained
- 4 tbsp mayonnaise
- Butter (optional)

Equipment

- Fork
- Baking tray
- Mixing bowl
- tablespoon

Instructions

- Heat oven to 200°C.
- Pierce the potatoes all over with a fork and rub some oil into them.
- Bake for 20 mins, then turn down the oven to 170°C and bake for 45 mins to 1 hr (1 hr for very large potatoes, 45 mins for smaller ones) until the skin is crisp and they are soft inside.
- While the potatoes are baking, prepare the tuna.
- In a bowl, put the drained tuna and mayonnaise. Mix well. Break the tuna with a fork so there are no big pieces.
- When the potatoes are ready, make a deep cross in each of them and fill it with the tuna mayonnaise.
- You can put some butter on the potato before adding the tuna.



Ingredients

- ◇ ½ baguette, cut into small chunks
- ◇ 4tbsp butter
- ◇ 2tbsp olive oil
- ◇ 700g macaroni
- ◇ 2 garlic cloves
- ◇ 2 tsp mustard powder
- ◇ 6tbsp plain flour
- ◇ 1l whole milk
- ◇ 500g low-fat cheddar , grated
- ◇ 100g hard cheese, grated



Equipment

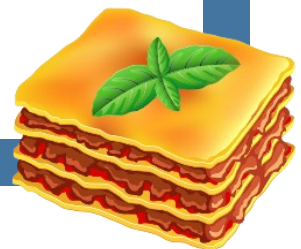
- ◇ Sharp knife
- ◇ Chopping board
- ◇ Rectangular oven dish
- ◇ Large saucepan
- ◇ Medium saucepan
- ◇ Measuring jug
- ◇ Measuring spoons
- ◇ Grater
- ◇ 29 Baking tray

Macaroni cheese



Instructions

1. Heat oven to 200C.
2. Spread the chunks of baguette over a baking tray, drizzle with the olive oil and sprinkle with salt and pepper. Bake for 6 minutes until crisp, then set aside.
3. Boil the pasta for 2 minutes less than it says on the packet.
4. Melt the butter in a saucepan. Add the garlic and mustard, cook for 1 min, then stir in the flour. Cook for 1 min more, then gradually whisk in the milk until you have a smooth sauce.
5. Simmer for 5 minutes, whisking constantly until thickened.
6. Take off the heat, stir in all the cheddar and half the hard cheese.
7. Stir the pasta and some salt and pepper into the cheesy sauce, then tip into a large oven dish. Scatter over the baguette and remaining hard cheese.
8. Bake for 20 minutes until crisp and golden.





Macaroni cheese

Ingredients

- $\frac{1}{2}$ baguette, cut into small chunks
- 4 tbsp butter
- 2 tsp olive oil
- 700 g macaroni
- 2 garlic cloves
- 2 tsp mustard powder
- 6 tbsp plain flour
- 1 l whole milk
- 500g low-fat cheddar, grated
- 100g hard cheese, grated

Equipment

- Sharp knife
- Chopping board
- Rectangular oven dish
- Large saucepan
- Medium saucepan
- Measuring jug
- Measuring spoons
- Grater
- Baking tray



Instructions

1. Heat oven to 200°C.
2. Spread the chunks of baguette over a baking tray, drizzle with the olive oil and sprinkle with salt and pepper. Bake for 6 minutes until crisp, then set aside.
3. Boil the pasta for 2 minutes less than it says on the packet.
4. Melt the butter in a saucepan. Add the garlic and mustard, cook for 1 minute, then stir in the flour. Cook for 1 minute more, then gradually whisk in the milk until you have smooth sauce.
5. Simmer for 5 minutes, whisking constantly until thickened.
6. Take off the heat, stir in all the cheddar and half the hard cheese.
7. Stir the pasta and some salt and pepper into the cheesy sauce, then tip into a large oven dish. Scatter over the baguette and remaining hard cheese.
8. Bake for 20 minutes until crisp and golden.



Ingredients

- ◇ 1 wholemeal pitta bread per person
- ◇ Pizza topping
- ◇ Plum tomatoes, diced
- ◇ Shallots, thinly sliced
- ◇ Mature cheddar, grated
- ◇ Salami, chopped (optional)
- ◇ Olives, chopped
- ◇ Basil leaves



Equipment

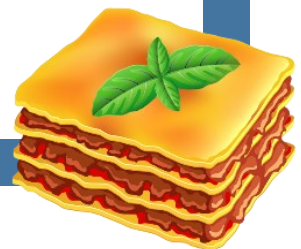
- ◇ Baking tray
- ◇ Chopping board
- ◇ Sharp knife
- ◇ Cheese grater
- ◇ Spoon

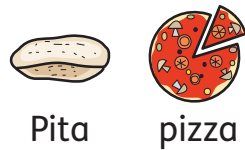
Pita pizza



Instructions

1. Heat oven to 180C.
2. Put a baking tray inside the oven to heat up.
3. Dice the tomatoes, slice the shallots and olives, tear the basil leaves. Chop the salami (if using).
4. Grate the cheese.
5. Spread 1tbsp of pizza topping on each pita bread.
6. Sprinkle the pita breads with grated cheese.
7. Arrange the rest of the toppings on the pitas.
8. Place the pita pizzas on the hot baking tray and bake for 10 minutes until the pitas are crisp and the cheese has melted.
9. Sprinkle with basil leaves to serve.





Pita pizza



Ingredients

- 1 wholemeal pita bread per person

- Pizza topping

- Plum tomatoes, diced

- Shallots, thinly sliced

- Mature cheddar, grated

- Salami, chopped (optional)

- Olives, chopped

- Basil leaves



Equipment

- Baking tray

- Chopping board

- Sharp knife

- Cheese grater

- Spoon



Instructions

- Heat oven to 180°C.

- Put a baking tray inside the oven to heat up.

- Dice the tomatoes, slice the shallots and olives, tear the basil leaves. Chop the salami (is using).

- Grate the cheese.

- Spread 1 tbsp of pizza topping on each pita bread.

- Sprinkle the pita breads with grated cheese.

- Arrange the rest of the toppings on the pitas.

- Place the pita pizzas on the hot baking tray and bake for 10 minutes until the

pittas are crisp and the cheese has melted.

- Sprinkle with basil leaves to serve.



Ingredients

- ◇ 2tbsp sundried tomato paste
- ◇ 1 garlic clove
- ◇ 1 ready-rolled puff pastry sheet
- ◇ 1 mozzarella
- ◇ 100g mushrooms
- ◇ 1 courgette
- ◇ 3 tomatoes
- ◇ 1 pepper
- ◇ 1tbsp olive oil
- ◇ 2 tsp dried oregano (optional)



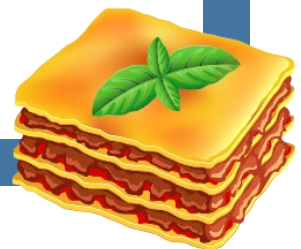
Equipment

- ◇ Garlic press
- ◇ Chopping board
- ◇ Sharp knife
- ◇ Flat baking tray
- ◇ Fork
- ◇ Measuring spoons
- ◇ Table spoon
- ◇ Kitchen scales



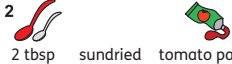









Instructions

1. Heat oven to 200C.
2. Put the tomato paste and crushed garlic into a small bowl.
3. Cut the mushrooms, tomatoes, peppers and courgettes into thin slices.
4. Cut the mozzarella into small chunks.
5. Spread the pastry on a flat baking tray.
6. Prick the pastry within the border all over with a fork.
7. Spread the tomato mixture all over the pastry with the back of a table spoon.
8. Arrange the cheese, mushrooms, peppers, tomatoes and courgette all over the pastry.
9. Drizzle the tart with olive oil.
10. Evenly scatter over the oregano (if using) and a little salt and pepper.
11. Put the tart in the oven and bake for 20 minutes until risen and golden.











Puff pastry tart


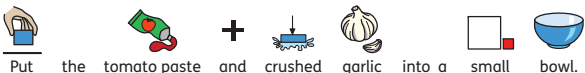


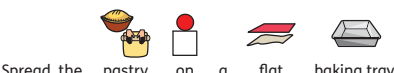

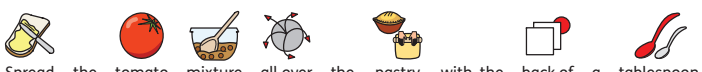




Ingredients

-  2 tbsp sundried tomato paste
-  1 garlic clove
-  1 ready-rolled puff pastry sheet
-  1 mozzarella
-  100g mushrooms
-  1 courgette
-  3 tomatoes
-  1 pepper
-  1 tbsp olive oil
-  2 tsp dried oregano (optional)

Equipment

-  Garlic press
-  Chopping board
-  Sharp knife
-  Flat baking tray
-  Fork
-  Measuring spoons
-  Tablespoon
-  Kitchen scales

Instructions

1.  Heat oven to 200°C.
2.  Put the tomato paste and crushed garlic into a small bowl.
3.  Cut the mushrooms, tomatoes, peppers and courgettes into thin slices.
4.  Cut the mozzarella into small chunks.
5.  Spread the pastry on a flat baking tray.
6.  Prick the pastry within the border all over with a fork.
7.  Spread the tomato mixture all over the pastry with the back of a tablespoon.
8.  Arrange the cheese, mushrooms, peppers, tomatoes and courgette all over the pastry.
9.  Drizzle the tart with olive oil.
10.  Evenly scatter over the oregano (if using) and a little salt and pepper.
11.  Put the tart in the oven and bake for 20 minutes until risen and golden.



Ingredients

- ◇ 1tbsp vegetable oil
- ◇ 1 onion, chopped
- ◇ 2 garlic cloves, chopped
- ◇ 3tbsp mild curry powder
- ◇ 2tbsp tomato purée
- ◇ 1 tin chopped tomatoes
- ◇ 1 vegetable stock cube
- ◇ 300g frozen mixed vegetables
- ◇ 350ml water
- ◇ Salt and pepper to taste
- ◇ Chopped fresh coriander to serve
- ◇ Rice



Equipment

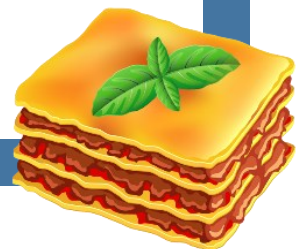
- ◇ Wooden spoon
- ◇ Table spoon
- ◇ Large saucepan
- ◇ Medium saucepan for rice
- ◇ Chopping board
- ◇ Sharp knife
- ◇ Tin opener
- ◇ ³⁵ Measuring jug

Quick vegetable curry



Instructions

1. Chop the onion and garlic.
2. Heat the vegetable oil in a large saucepan.
3. Add the chopped onion and garlic and cook until golden.
4. Stir in curry powder and tomato purée, and cook for 3 minutes. Use a wooden spoon to stir.
5. Stir in the chopped tomatoes, vegetable stock cube, mixed vegetables, water, salt and pepper.
6. Cover and simmer for 30 minutes, until vegetables are soft (not crunchy).
7. Cook rice according to the instructions on the packet.
8. Sprinkle with fresh coriander before serving.



Quick vegetable curry

Ingredients

- 1 tbsp vegetable oil
- 1 onion, chopped
- 2 garlic cloves, chopped
- 3 tbsp mild curry powder
- 2 tbsp tomato purée
- 1 tin chopped tomatoes
- 1 vegetable stock cube
- 300 g frozen mixed vegetables
- 350 ml water
- Salt and pepper to taste
- Chopped fresh coriander to serve
- Rice

Equipment

- Wooden spoon
- Tablespoon
- Large saucepan
- Medium saucepan for rice
- Chopping board
- Sharp knife
- Tin opener
- Measuring jug

Instructions

1. Chop the onion and garlic.
2. Heat the vegetable oil in a large saucepan.
3. Add the chopped onion and garlic and cook until golden.
4. Stir in curry powder and tomato purée, and cook for 3 minutes. Use a wooden spoon to stir.
5. Stir in the chopped tomatoes, vegetable stock cube, mixed vegetables, water, salt and pepper.
6. Cover and simmer for 30 minutes, until vegetables are soft (not crunchy).
7. Cook rice according to the instructions on the packet.
8. Sprinkle with fresh coriander before serving.



Ingredients

- ◇ 6 peppers, halved
- ◇ 150g couscous
- ◇ 1 vegetable stock cube
- ◇ Boiling water
- ◇ ½ red onion, chopped
- ◇ 6 spring onions, chopped
- ◇ 4 tomatoes, chopped
- ◇ 100g mushrooms, chopped
- ◇ 1tbsp chopped fresh parsley
- ◇ 1tbsp oil for frying



Equipment

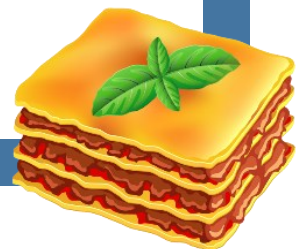
- ◇ Chopping board
- ◇ Sharp knife
- ◇ Measuring spoon
- ◇ Measuring jug
- ◇ Small saucepan
- ◇ Mixing bowl
- ◇ Frying pan
- ◇ Baking tray

Stuffed peppers



Instructions

1. Heat oven to 200C.
2. Cut the peppers in half and remove the seeds.
3. Place the couscous in a large bowl; crumble the vegetable stock cube into the couscous and pour over the hot water 1cm higher than the couscous. Stir and cover with a plate and leave for 5-10 minutes.
4. Chop the red onion, spring onions, tomatoes and mushrooms as small as you like.
5. Fry the red onion in a little oil for 2 minutes.
6. Add the mushrooms and fry for another 3 minutes.
7. Add the chopped tomatoes and fry until most of the liquid has evaporated.
8. Mix the couscous with a fork and add the chopped spring onions, chopped parsley and the tomato, mushroom and onion mix.
9. Arrange the halved peppers on a baking tray and spoon the couscous into them.
10. Bake for 25 minutes until the peppers are soft.





Stuffed peppers



Ingredients

- 6 peppers, halved
- 150 g couscous
- 1 vegetable stock cube
- Boiling water
- ½ red onion, chopped
- 6 spring onions, chopped
- 4 tomatoes, chopped
- 100g mushrooms, chopped
- 1 tbsp chopped fresh parsley
- 1 tbsp oil for frying



Equipment

- Chopping board
- Sharp knife
- Measuring spoon
- Measuring jug
- Small saucepan
- Mixing bowl
- Frying pan
- Baking tray



Instructions

1. Heat oven to 200°C.
2. Cut the peppers in half and remove the seeds.
3. Place the couscous in a large bowl; crumble the vegetable stock cube into the couscous and pour over the hot water 1 cm higher than then couscous. Stir and cover with a plate and leave for 5-10 minutes.
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6. Add the mushrooms and fry for another 3 minutes.
7. Add the chopped tomatoes and fry until most of the liquid has evaporated.
8. Mix the couscous with a fork and add the chopped spring onions, chopped parsley and the tomato, mushroom and onion mix.
9. Arrange the halved peppers on a baking tray and spoon the couscous into them.
10. Bake for 25 minutes until the peppers are soft.



Ingredients

- ◇ 1 onion, chopped
- ◇ 1 garlic clove, chopped
- ◇ 1 courgette, cubed
- ◇ 1 tin of tuna, drained
- ◇ 2 peppers, cubed
- ◇ 1 tin of chopped tomatoes
- ◇ 1tbsp oil for frying
- ◇ 1/2 tsp dried basil
- ◇ 1/2 tsp dried oregano
- ◇ 1/2 paprika
- ◇ 1/2 tsp brown sugar
- ◇ Pasta



Equipment

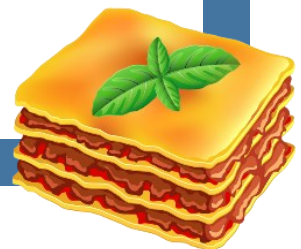
- ◇ Chopping board
- ◇ Sharp knife
- ◇ Saucepan
- ◇ Tin opener
- ◇ Teaspoon
- ◇ Big saucepan for pasta

Tuna and tomato pasta sauce



Instructions

1. Chop all the vegetables as small as you can.
2. Open and drain the tuna.
3. Heat the oil in a saucepan and gently fry the onion and garlic for 5 minutes until the onion is soft.
4. Add the cubed courgette and peppers and cook until soft.
5. Add the oregano, basil and paprika and stir well.
6. Add the chopped tomatoes and brown sugar. Cook for 10mins.
7. In the meantime, cook the pasta according to the instructions on the packet.
8. When all vegetables are soft, stir in the drained tuna.
9. Serve the sauce with the pasta.



Tuna and tomato pasta sauce



- 1 onion, chopped
- 1 garlic clove, chopped
- 1 courgette, cubed
- 1 tin of tuna, drained
- 2 peppers, cubed
- 1 tin of chopped tomatoes
- 1 tbsp oil for frying
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1/2 teaspoon paprika
- 1/2 teaspoon brown sugar
- Pasta

- Chopping board
- Sharp knife
- Saucepan
- Tin opener
- Teaspoon
- Big saucepan for pasta



1. Chop all the vegetables as small as you can.
2. Open and drain the tuna.
3. Heat the oil in a saucepan and gently fry the onion and garlic for 5 minutes until the onion is soft.
4. Add the cubed courgette and peppers and cook until soft.
5. Add the oregano, basil and paprika and stir well.
6. Add the chopped tomatoes and brown sugar. Cook for 10 mins.
7. In the meantime, cook the pasta according to the instructions on the packet.
8. When all vegetables are soft, stir in the drained tuna.
9. Serve the sauce with the pasta.



Ingredients

- ◇ 250g fusilli pasta
- ◇ 150g cheese, grated
- ◇ 25g butter
- ◇ 25g plain flour
- ◇ 300ml milk
- ◇ 1 tin of tuna in spring water, drained
- ◇ 1 tin sweetcorn, drained
- ◇ Large handful fresh parsley, chopped



Equipment

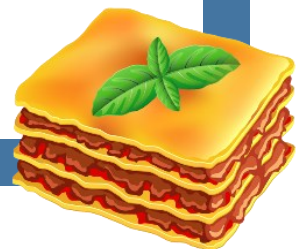
- ◇ Cheese grater
- ◇ Small saucepan
- ◇ Large saucepan for pasta
- ◇ Tin opener
- ◇ Colander
- ◇ Whisk
- ◇ Chopping board
- ◇ Sharp knife
- ◇ Oven dish
- ◇ Measuring jug
- ◇ Kitchen scales



Instructions

1. Cook the pasta for 2 minutes less than it says on the packet. When cooked, use a colander to drain the water.
2. Heat oven to 180C.
3. Melt the butter in a saucepan.
4. Stir in the flour.
5. Cook for 1 min, then bit by bit whisk in the milk to make a thick white sauce.
6. Remove from the heat and stir in the cheese, leaving a handful for later.
7. Add the sauce to the cooked pasta and mix well.
8. Add the tuna, sweetcorn and chopped parsley to the pasta and mix well.
9. Put everything into the oven dish and sprinkle with grated cheese.
10. Bake in the oven for 15 minutes until the cheese on top is golden and starting to brown.

Tuna pasta bake





Tuna pasta bake

Ingredients

- 250 g fusilli pasta
- 150 g cheese, grated
- 25g butter
- 25g plain flour
- 300 ml milk
- 1 tin of tuna in spring water, drained
- 1 tin sweetcorn, drained
- Large handful fresh parsley, chopped

Equipment

- Cheese grater
- Small saucepan
- Large saucepan for pasta
- Tin opener
- Colander
- Whisk
- Chopping board
- Sharp knife
- Oven dish
- Measuring jug
- Kitchen scales



Instructions

1. Cook the pasta for 2 minutes less than it says on the packet. When cooked, use a colander to drain the water.
2. Heat oven to 180°C.
3. Melt the butter in a saucepan.
4. Stir in the flour.
5. Cook for 1 minute, then bit by bit whisk in the milk to make a thick white sauce.
6. Remove from the heat and stir in the cheese, leaving a handful for later.
7. Add the sauce to the cooked pasta and mix well.
8. Add the tuna, sweetcorn and chopped parsley to the pasta and mix well.
9. Put everything into the oven dish and sprinkle with grated cheese.
10. Bake in the oven for 15 minutes until the cheese on top is golden and starting to brown.



Ingredients

- ◇ 1tbsp olive oil
- ◇ 1 pepper, chopped
- ◇ 1 onion, chopped
- ◇ 1 courgette, chopped
- ◇ 1 garlic clove, chopped
- ◇ 1 jar of Pasta Bake Sauce
- ◇ 250g fusilli pasta
- ◇ 100g cheddar cheese, grated



Equipment

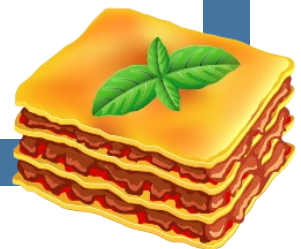
- ◇ Spoon
- ◇ Cheese grater
- ◇ Frying pan
- ◇ Large saucepan for pasta
- ◇ Colander
- ◇ Chopping board
- ◇ Sharp knife
- ◇ Oven dish

Vegetable pasta bake



Instructions

1. Cook the pasta for 2 minutes less than it says on the packet. When cooked, use a colander to drain the water.
2. Heat oven to 180C.
3. Chop the onion, garlic, pepper and courgette into small pieces.
4. Heat the oil in a frying pan and fry the vegetables until they are soft (about 10-15 minutes).
5. Turn off the heat and add the pasta sauce. Mix well.
6. Add the sauce to the pasta and mix well.
7. Put everything into the oven dish and sprinkle with grated cheese.
8. Bake in the oven for 15-20 minutes until the cheese on top is golden and starting to brown.



Vegetable pasta bake

Ingredients

- 1 tbsp olive oil
- 1 pepper, chopped
- 1 onion, chopped
- 1 courgette, chopped
- 1 garlic clove, chopped
- 1 jar of Pasta Bake Sauce
- 250 g fusilli pasta
- 100g cheddar cheese, grated

Equipment

- Spoon
- Cheese grater
- Frying pan
- Large saucepan for pasta
- Colander
- Chopping board
- Sharp knife
- Oven dish

Instructions

1. Cook the pasta for 2 minutes less than it says on the packet. When cooked, use a colander to drain the water.
2. Heat oven to 180°C.
3. Chop the onion, garlic, pepper and courgette into small pieces.
4. Heat the oil in a frying pan and fry the vegetables until they are soft (about 10-15 minutes).
5. Turn off the heat and add the pasta sauce. Mix well.
6. Add the sauce to the pasta and mix well.
7. Put everything into the oven dish and sprinkle with grated cheese.
8. Bake in the oven for 15-20 minutes until the cheese on top is golden and starting to brown.



Snacks, dips and bread



Ingredients

- ◇ 100g bread mix
- ◇ Warm water
- Optional:
 - ◇ ½tbsp sesame seeds
 - ◇ Fresh rosemary
 - ◇ Sea salt
 - ◇ Olive oil
 - ◇ Sundried tomatoes



Equipment

- ◇ Kitchen scales
- ◇ Baking tray
- ◇ Baking paper
- ◇ Teaspoon
- ◇ Mixing bowl
- ◇ Measuring jug

Breadsticks



Instructions

1. Heat the oven to the temperature given on the packet of the bread mix.
2. Weigh and measure all of the ingredients.
3. Put the bread mix into a mixing bowl.
4. Add a little bit of warm water at a time until the dough comes together.
5. Knead the dough for 5 minutes.
6. Leave the dough to rise for about 30 minutes.
7. Add your chosen ingredients for flavour. Knead for 1 minute.
8. Cut the dough in half. Cut each half into 4 pieces. Roll each piece into a 20cm stick.
9. Put the sticks onto the baking tray.
10. Brush each stick with cold water and sprinkle some sesame seeds or sea salt (if using).
11. Bake the breadsticks for about 15 minutes, until they turn golden.



Breadsticks

Ingredients

- 100g bread mix

- Warm water

Optional:

- ½ tbsp sesame seeds

- Fresh rosemary

- Sea salt

- Olive oil

- Sundried tomatoes

- Olives

Equipment

- Kitchen scales

- Baking tray

- Baking paper

- Teaspoon

- Mixing bowl

- Measuring jug

Instructions

- Heat the oven to the temperature given on the packet of the bread mix.
- Weigh and measure all of the ingredients.
- Put the bread mix into a mixing bowl.
- Add a little bit of warm water at a time until the dough comes together.
- Knead the dough for 5 minutes.
- Leave the dough to rise for about 30 minutes.
- Add your chosen ingredients for flavour. Knead for 1 minute.
- Cut the dough in half. Cut each half into 4 pieces. Roll each piece into a stick.
- Put the sticks onto the baking tray.
- Brush each stick with cold water and sprinkle some sesame seeds or sea salt (if using).
- Bake the breadsticks for about 15 minutes, until they turn golden.



Ingredients

- ◇ 150ml vegetable oil
- ◇ 1 egg
- ◇ 284ml pot buttermilk, made up to 350ml with milk
- ◇ 500g self-raising flour
- ◇ 1tsp English mustard powder
- ◇ 140g mature cheddar, grated
- ◇ 1 bunch spring onions, sliced
- ◇ Small bunch chives, chopped
- ◇ 25g hard cheese, grated
- ◇ 200g low-fat soft cheese, gently diced into cubes



Equipment

- ◇ Mixing bowl
- ◇ Whisk
- ◇ Measuring jug
- ◇ Muffin tin
- ◇ Muffin cases
- ◇ Sharp knife
- ◇ Chopping board
- ◇ Kitchen scales
- ◇ Measuring spoons
- ◇ ⁴⁹ Grater




Cheese and onion muffins































Instructions

1. Heat the oven to 180C.
2. Line the muffin tin with muffin cases.
3. Grate both cheeses, chop the spring onions and chive, and dice the soft cheese.
4. Whisk together the oil, egg, buttermilk and milk.
5. In a mixing bowl, mix the flour, salt and mustard powder, then stir in the cheddar, spring onions, chives and half of the grated hard cheese.
6. Gently mix the wet ingredients into the dry – don't overmix, just lightly combine.
7. Gently mix in the soft cheese cubes.
8. Spoon the mixture into the muffin cases. Sprinkle with the remaining grated cheese.
9. Bake for 25 minutes.



 +  
Cheese and onion muffins


















































Ingredients

- **150**  ml  vegetable oil
- **1**  egg
- **284**  ml  pot buttermilk, made up to **350**  ml with  milk
- **500g**  self-raising  flour
- **1**  teaspoon  English mustard  powder
- **140 g**  mature cheddar,  grated
- **1**  bunch spring onions,  sliced
- **Small**  bunch  chives,  chopped
- **25g**  hard  cheese,  grated
- **200 g**  low-fat  soft  soft cheese  gently  diced into  cubes

Equipment

-  Mixing bowl
-  Whisk
-  Measuring jug
-  Muffin tin
-  Muffin cases
-  Sharp knife
-  Chopping board
-  Kitchen scales
-  grater
-  Measuring spoons

Instructions

1.  Heat the  oven to **180°C**.
2.  Line the  muffin tin with  muffin  cases.
3.  Grate **both**  cheeses,  chop the  spring onions **and**  chive, **and**  dice the  soft cheese.
4.  Whisk **together** the  oil,  egg,  buttermilk **and**  milk.
5. In a  mixing bowl,  mix the  flour,  salt **and**  mustard  powder, then  stir in the  cheddar,  spring onions,  chives **and**  half of the  grated  hard  cheese.
6.  Gently  mix the  wet ingredients into the  dry -  don't  overmix,  just  lightly  combine.
7.  Gently  mix in the  soft cheese  cubes.
8.  Spoon the  mixture into the  muffin  cases.  Sprinkle with the remaining  grated cheese.
9.  Bake for  25 minutes.



Ingredients

- ◇ 150g Greek yoghurt
- ◇ 1/2 cucumber
- ◇ 2 crushed garlic cloves
- ◇ 1tbsp olive oil
- ◇ 1 tsp lemon juice
- ◇ 1 tsp chopped mint (or dill)
- ◇ Salt and pepper to taste



Equipment

- ◇ Vegetable peeler
- ◇ Sharp knife
- ◇ Chopping board
- ◇ Grater
- ◇ Teaspoon
- ◇ Sieve
- ◇ Kitchen scales

Creamy yoghurt dip



Instructions

1. Peel the cucumber and cut it in half lengthways. Remove the seeds using a teaspoon. Grate using a cheese grater.
2. Squeeze the grated cucumber in your hands to remove as much water as possible. Leave on a sieve to drain more.
3. Chop the mint (or dill) as finely as you can.
4. Put the yoghurt, cucumber, crushed garlic cloves, olive oil, lemon juice and chopped mint (or dill) into a bowl and mix well.
5. Add salt and pepper to taste.
6. Serve with pita bread or tortilla chips.



Creamy yoghurt dip

Ingredients

- 150 g Greek yoghurt
- $\frac{1}{2}$ cucumber
- 2 crushed garlic cloves
- 1 tbsp olive oil
- 1 teaspoon lemon juice
- 1 teaspoon chopped mint (or dill)
- Salt and pepper to taste

Equipment

- Vegetable peeler
- Sharp knife
- Chopping board
- Grater
- Teaspoon
- Sieve
- Kitchen scales

Instructions

1. Peel the cucumber and cut it in half lengthways. Remove the seeds using a teaspoon. Grate using a cheese grater.
2. Squeeze the grated cucumber in your hands to remove as much water as possible. Leave on a sieve to drain more.
3. Chop the mint (or dill) as finely as you can.
4. Put the yoghurt, cucumber, crushed garlic cloves, olive oil, lemon juice + and chopped mint (or dill) into a bowl and mix well.
5. Add salt and pepper to taste.
6. Serve with pita bread or tortilla chips.



Ingredients

- ◇ 1 large ripe tomato
- ◇ 3 avocados, very ripe
- ◇ Juice of 1/2 lime
- ◇ Handful coriander, chopped
- ◇ 1/2 red onion, finely chopped
- ◇ Breadsticks, toasted pita bread or tortilla chips, to serve



Equipment

- ◇ Chopping board
- ◇ Sharp knife
- ◇ Fork
- ◇ Teaspoon
- ◇ Bowl
- ◇ Juicer (if needed)

Guacamole



Instructions

1. Cut the avocados in half. Remove the stone and scoop the flesh out with a teaspoon.
2. Roughly chop the avocados or mash them with a fork.
3. Chop the onion, tomato and coriander as small as you can.
4. Cut and juice the lime. You can use a juicer or just squeeze the lime in your hands.
5. Put all the ingredients together and mix well.
6. Put a little bit of salt into the dip.
7. Serve with toasted pitta bread, breadsticks or tortilla chips.



Guacamole

Ingredients

- 1 large ripe tomato
- 3 avocados, very ripe
- Juice of $\frac{1}{2}$ lime
- Handful coriander, chopped
- $\frac{1}{2}$ red onion, finely chopped
- Breadsticks, toasted pita bread or tortilla chips, to serve

Equipment

- Chopping board
- Sharp knife
- Fork
- Teaspoon
- Bowl
- Juicer (if needed)

Instructions

1. Cut the avocados in half. Remove the stone and scoop the flesh out with a teaspoon.
2. Roughly chop the avocados or mash them with a fork.
3. Chop the onion, tomato and coriander as small as you can.
4. Cut and juice the lime. You can use a juicer or just squeeze the lime in your hands.
5. Put all the ingredients together and mix well.
6. Put a little bit of salt into the dip.
7. Serve with toasted pita bread, breadsticks or tortilla chips.



Ingredients

- ◇ 250g plain white flour
- ◇ 250g plain wholemeal flour
- ◇ 100g porridge oats
- ◇ 1 tsp bicarbonate of soda
- ◇ 1 tsp salt
- ◇ 25g butter, cut into cubes
- ◇ 500ml buttermilk (or 500ml milk with 2tbsp lemon juice)



Equipment

- ◇ Baking tray
- ◇ Kitchen scales
- ◇ Measuring spoons
- ◇ Measuring jug
- ◇ Large mixing bowl
- ◇ Table knife
- ◇ Cooling rack

Irish soda bread



Instructions

1. Heat oven to 180C and dust a baking tray with flour.
2. Mix the white flour, wholemeal flour, porridge oats, bicarbonate of soda and salt in large bowl.
3. Rub in the butter into the flour mix.
4. Pour in the buttermilk (or milk and lemon juice mix) and mix it in quickly with a table knife, then bring the dough together very lightly with your fingertips (handle it very, very gently).
5. Shape it into a flat, round loaf measuring about 20cm in diameter.
6. Put the loaf on the baking tray and score a deep cross in the top.
7. Bake for 40-45 minutes until the bottom of the loaf sounds hollow when tapped.
8. Put on a cooling rack.





Irish soda bread

Ingredients

- 250 g plain white flour
- 250 g plain wholemeal flour
- 100g porridge oats
- 1 teaspoon bicarbonate of soda
- 1 teaspoon salt
- 25g butter, cut into cubes
- 500 ml buttermilk (or 500 ml milk with 2 tbsp lemon juice)

Equipment

- Baking tray
- Kitchen scales
- Measuring spoons
- Measuring jug
- Large mixing bowl
- Table knife
- Cooling rack



Instructions

1. Heat the oven to 180°C and dust a baking tray with flour.
2. Mix the white flour, wholemeal flour, porridge oats, bicarbonate of soda and salt in large bowl.
3. Rub in the butter into the flour mix.
4. Pour in the buttermilk (or milk and lemon juice mix) and mix it in quickly with a table knife, then bring the dough together very lightly with your fingertips (handle it very, very gently).
5. Shape it into a flat, round loaf measuring about 20 cm in diameter.
6. Put the loaf on the baking tray and score a deep cross in the top.
7. Bake for 40-45 minutes until the bottom of the loaf sounds hollow when tapped.
8. Put on a cooling rack.



Ingredients

- ◇ 1 ready-rolled puff pastry sheet
- ◇ Tomato puree
- ◇ Parmesan cheese, grated



Equipment

- ◇ Baking tray
- ◇ Baking parchment
- ◇ Sharp knife
- ◇ Grater

Tomato and parmesan twists






Instructions

1. Heat oven to 220C.
2. Spread the puff pastry on a working surface and cut it in half to make 2 long rectangles.
3. Spread one half of the pastry with a thin layer of tomato puree and then sprinkle with parmesan cheese.
4. Carefully put the other piece of pastry on top of the cheese and tomato to make a pastry sandwich.
5. Cut the pastry sandwich into strips.
6. Pick up one strip and twist it round a couple of times.
7. Place it onto the baking tray and press the ends down so that they stick to the baking parchment. This will stop the twists unwinding as they bake.
8. Do the same to all the strips.
9. Bake in the oven for about 10 minutes or until golden brown.
10. When cooked remove from the oven and put on a cooling rack to cool.







+ Tomato and parmesan twists

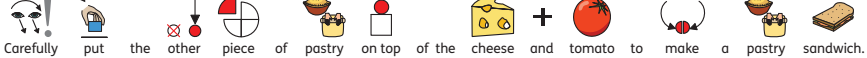
Ingredients

- 1  ready-rolled puff pastry sheet
-  Tomato puree
-  Parmesan cheese, grated

Equipment

-  Baking tray
-  Baking parchment
-  Sharp knife
-  Grater

Instructions

1.  Heat oven to 220°C.
2.  Spread the puff pastry on a working surface and cut it in half to make 2 long rectangles.
3.  Spread one half of the pastry with a thin layer of tomato puree and then sprinkle with parmesan cheese.
4.  Carefully put the other piece of pastry on top of the cheese and tomato to make a pastry sandwich.
5.  Cut the pastry sandwich into strips.
6.  Pick up one strip and twist it round a couple of times.
7.  Place it onto the baking tray and press the ends down so that they stick to the baking parchment. This will stop the twists unwinding as they bake.
8.  Do the same to all the strips.
9.  Bake in the oven for about 10 minutes or until golden brown.
10.  When cooked remove from the oven and put on a cooling rack to cool.



Sweet treats



Ingredients

For the crumble

- ◇ 250g flour
- ◇ 100g oats
- ◇ Pinch of salt
- ◇ 175g brown sugar
- ◇ 200g unsalted butter, cubed

For the apples

- ◇ 8 apples, peeled and cut into 1cm pieces
- ◇ 50g brown sugar
- ◇ 1tsp of cinnamon



Equipment

- ◇ Mixing bowl
- ◇ Baking dish
- ◇ Sharp knife
- ◇ Vegetable peeler
- ◇ Kitchen scales

Apple crumble



Instructions

1. Heat the oven to 180C.
2. Put the flour and oats into a bowl. Add the salt and sugar and mix well. Rub the butter into the flour mixture until it looks like breadcrumbs.
3. Peel and cut the apples into 1cm pieces.
4. Put the apples in a large bowl and sprinkle over the sugar and cinnamon. Stir well, being careful not to break up the fruit.
5. Butter the ovenproof dish. Arrange the apples at the bottom of the dish, then sprinkle the crumble mixture on top.
6. Bake in the oven for 40-45 minutes until the crumble is browned and the apples are bubbling.





Apple crumble





Ingredients






Equipment

For the crumble

-  **250 g**  flour
- **100 g**  oats
-  Pinch of salt
- **175 g**  brown sugar
- **200 g**  unsalted butter, cubed

For the apples

- **8**  apples, peeled and cut into **1 cm**  pieces
- **50g**  brown sugar
- **1 teaspoon** of cinnamon

-  Mixing bowl

-  baking dish


-  Sharp knife

-  Vegetable peeler

-  Kitchen scales



Instructions

1.  Heat the oven to **180°C**.
2.  Put the flour and oats into a bowl. Add the salt and sugar and mix well.  Rub the butter into the flour mixture until it looks like breadcrumbs.
3.  Peel and cut the apples into **1 cm**  pieces.
4.  Put the apples in a large bowl and sprinkle over the sugar and cinnamon.
5.  Butter the baking dish. Arrange the apples at the bottom of the dish, then sprinkle the crumble mixture on top.
6.  Bake in the oven for **40-45** minutes until the crumble is browned and the apples are bubbling.



Ingredients

- ◇ 140g butter, softened, plus extra for the tin
- ◇ 100g caster sugar
- ◇ 2 eggs, beaten
- ◇ 140g self-raising flour
- ◇ 1 tsp baking powder
- ◇ 2 very ripe bananas, mashed with a fork



Equipment

- ◇ Loaf tin
- ◇ Kitchen scales
- ◇ Mixing bowl
- ◇ Chopping board
- ◇ Fork
- ◇ Teaspoon
- ◇ Wooden spoon
- ◇ Cooling rack

Banana bread



Instructions

1. Heat oven to 180C.
2. Butter a loaf tin.
3. Cream the butter and sugar with a wooden spoon until light and fluffy. You can use an electric mixer if you want.
4. Add the eggs bit by bit and keep beating the mixture.
5. Add a little flour and keep beating the mixture.
6. Gently mix in the remaining flour, baking powder and bananas.
7. Pour into the tin and bake for about 25 minutes until a skewer comes out clean.
8. Cool in the tin for 10 minutes, and then remove to a cooling rack.



Banana bread

Ingredients

- **140 g** butter, softened, plus extra for the tin
- **100g** caster sugar
- **2** eggs, beaten
- **140 g** self-raising flour
- **1** teaspoon baking powder
- **2** very ripe bananas, mashed with a fork

Equipment

- Loaf tin
- Kitchen scales
- Mixing bowl
- Chopping board
- Fork
- Teaspoon
- Wooden spoon
- Cooling rack

Instructions

1. Heat oven to 180°C.
2. Butter a loaf tin.
3. Cream the butter and sugar with a wooden spoon until light and fluffy.
You can use an electric mixer if you want.
4. Add the eggs bit by bit and keep beating the mixture.
5. Add a little flour and keep beating the mixture.
6. Gently mix in the remaining flour, baking powder and bananas.
7. Pour into the tin and bake for about 25 minutes until a skewer comes out clean.
8. Cool in the tin for 10 minutes, and then remove to a cooling rack.



Ingredients

- ◇ 140g brown sugar
- ◇ 80ml rapeseed oil
- ◇ 260g self-raising flour
- ◇ 1 tsp baking powder
- ◇ ½ tsp bicarbonate of soda
- ◇ 2 very ripe bananas, mashed with a fork



Equipment

- ◇ Muffin tin
- ◇ Muffin cases
- ◇ Fork
- ◇ Small bowl
- ◇ Kitchen scales
- ◇ Teaspoon
- ◇ Measuring jug

Banana muffins (vegan)



Instructions

1. Preheat the oven to 180C.
2. Line a muffin tin with muffin cases.
3. In a small bowl, mash the bananas with a fork.
4. Weigh and measure the rest of the ingredients.
5. Mix baking powder, baking soda, flour and sugar in a mixing bowl.
6. Add mashed bananas and oil. Mix just enough for all the ingredients to combine and there is no flour visible.
7. Spoon the mix into muffin cases.
8. Bake for about 25 minutes or until a skewer comes out clean.





- 140 g brown sugar
- 80 ml rapeseed oil
- 260 g self-raising flour
- 1 teaspoon baking powder
- ½ teaspoon bicarbonate of soda
- 2 very ripe bananas, mashed with a fork

- Muffin tin
- Muffin cases
- Fork
- Small bowl
- Kitchen scales
- Teaspoon
- Measuring jug



1. Preheat the oven to 180°C.
2. Line a muffin tin with muffin cases.
3. In a small bowl, mash the bananas with a fork.
4. Weigh and measure the rest of the ingredients.
5. Mix baking powder, baking soda, flour and sugar in a mixing bowl.
6. Add mashed bananas and oil. Mix just enough for all the ingredients to combine and there is no flour visible.
7. Spoon the mix into muffin cases.
8. Bake for about 25 minutes or until a skewer comes out clean.



Ingredients

- ◇ 1 very ripe banana, mashed with a fork
- ◇ 1 egg
- ◇ 2tbsp flour
- ◇ 2tbsp oil for frying



Equipment

- ◇ Mixing bowl
- ◇ Fork
- ◇ Spoon
- ◇ Frying pan
- ◇ Fish slice
- ◇ Spatula

Banana pancakes



Instructions

1. Peel and mash the banana with the fork.
2. Crack and add the egg. Mix well.
3. Add the flour. Mix well.
4. Heat the oil in the frying pan.
5. Pour the mix into the frying pan. You will make 3 or 4 pancakes.
6. When the edges look brown, flip the pancakes. Fry on the other side for about 1 minute.
7. Serve with your favourite topping or just by themselves.



Banana pancakes

Ingredients

- 1 very ripe banana, mashed with a fork
- 1 egg
- 2 tbsp flour
- 2 tbsp oil for frying

Equipment

- Mixing bowl
- Fork
- Spoon
- Frying pan
- Fish slice
- Spatula

Instructions

1. Peel and mash the banana with the fork.
2. Crack and add the egg. Mix well.
3. Add the flour. Mix well.
4. Heat the oil in the frying pan.
5. Pour the mix into the frying pan. You will make 3 or 4 pancakes.
6. When the edges look brown, flip the pancakes. Fry on the other side for about 1 minute.
7. Serve with your favourite topping or just by themselves.



Ingredients

- ◇ Butter for spreading
- ◇ 1 Brioche loaf or 1 white loaf
- ◇ 50g raisins
- ◇ 2 tsp cinnamon
- ◇ 1 tsp nutmeg

For custard

- ◇ 350ml whole milk
- ◇ 50ml double cream
- ◇ 2 eggs
- ◇ 25g sugar



Equipment

- ◇ Oven dish
- ◇ Butter knife
- ◇ Kitchen scales
- ◇ Small saucepan
- ◇ Measuring jug
- ◇ Small bowl
- ◇ Teaspoon
- ◇ Whisk

Bread and butter pudding



Instructions

1. Heat the oven to 180C and grease the oven dish with some butter.
2. Slice the bread (if using brioche) and spread butter on each slice of bread then cut into triangles.
3. Put a layer of bread, buttered-side up, in the bottom of the dish, then sprinkle some raisins and a little cinnamon. Repeat the layers of bread, raisins and cinnamon, until you have used up all of the bread. Finish with a layer of bread, then put aside.
4. Make the custard.
5. Crack the eggs into a bowl, add most of the sugar and lightly whisk until pale.
6. Gently warm the milk and cream in a pan over a low heat until it's very hot. Don't let it boil. Add it to the eggs and stir well.
7. Pour the custard over the prepared bread layers and sprinkle with nutmeg and the remaining sugar and leave to stand for a few minutes.
8. Put the dish into the oven and bake for 35 minutes, or until the custard has set and the top is golden-brown.





Bread and butter pudding

Ingredients

- Butter for spreading
- 1 Brioche loaf or 1 white loaf
- 50g raisins
- 2 tsp cinnamon
- 1 teaspoon nutmeg
- For custard:
 - 350 ml whole milk
 - 50 ml double cream
 - 2 eggs
 - 25g sugar

Equipment

- Oven dish
- Butter knife
- Kitchen scales
- Small saucepan
- Measuring jug
- Small bowl
- Teaspoon
- Whisk

Instructions

1. Heat the oven to 180°C and grease the oven dish with some butter.
2. Slice the bread (if using brioche) and spread butter on each slice of bread then cut into triangles.
3. Put a layer of bread, buttered-side up, in the bottom of the dish, then sprinkle some raisins and a little cinnamon. Repeat the layers of bread, raisins and cinnamon, until you have used up all of the bread. Finish with a layer of bread, then put aside.
4. Make the custard.
5. Crack the eggs into a bowl, add most of the sugar and lightly whisk until pale.
6. Gently warm the milk and cream in a pan over a low heat until it's very hot. Don't let it boil. Add it to the eggs and stir well.
7. Pour the custard over the prepared bread layers and sprinkle with nutmeg and the remaining sugar and leave to stand for a few minutes.
8. Put the dish into the oven and bake for 35 minutes, or until the custard has set and the top is golden-brown.



Ingredients

- ◇ 240g self-raising flour
- ◇ 70g porridge oats
- ◇ 140g light muscovado sugar
- ◇ 3 tsp ground cinnamon
- ◇ 1 tsp bicarbonate of soda
- ◇ 1½ bananas, mashed
- ◇ 200ml buttermilk
- ◇ 1tsp vanilla extract
- ◇ 8tbsp vegetable oil
- ◇ 200g stoned prunes, chopped



Equipment

- ◇ Muffin tin
- ◇ Muffin cases
- ◇ Measuring jug
- ◇ Kitchen scales
- ◇ Teaspoon
- ◇ Sharp knife
- ◇ Chopping board
- ◇ 2 mixing bowls

Feel-good muffins



Instructions

1. Heat oven to 180C.
2. Line a 12-hole muffin tray with 12 large muffin cases.
3. Put the flour, oats, sugar, cinnamon and bicarbonate of soda in a large bowl, then rub everything through your fingers, to ensure the ingredients are evenly blended.
4. Chop the prunes into small pieces.
5. In another bowl, mash the banana, and then stir in the buttermilk, vanilla and oil.
6. Pour the wet ingredients into the dry, mix briefly until you have a smooth batter, don't over mix as this will make the muffins hard.
7. Gently mix the prunes into the mixture.
8. Spoon the batter into the cases.
9. Bake for 20-25 minutes until golden and well risen, and a skewer inserted to the centre of a muffin comes out clean.



Feel-good muffins

Ingredients

- 240 g self-raising flour
- 70 g porridge oats
- 140 g light muscovado sugar
- 3 teaspoons ground cinnamon
- 1 teaspoon bicarbonate of soda
- 1½ bananas, mashed
- 200 ml buttermilk
- 1 teaspoon vanilla extract
- 8 tbsp vegetable oil
- 200 g stoned prunes, chopped

Equipment

- Muffin tin
- Muffin cases
- Measuring jug
- Kitchen scales
- Teaspoon
- Sharp knife
- Chopping board
- 2 mixing bowls

Instructions

1. Heat oven to 180°C.
2. Line a 12-hole muffin tin with 12 large muffin cases.
3. Put the flour, oats, sugar, cinnamon and bicarbonate of soda in a large bowl, then rub everything through your fingers, to ensure the ingredients are evenly blended.
4. Chop the prunes into small pieces.
5. In another bowl, mash the banana, and then stir in the buttermilk, vanilla and oil.
6. Pour the wet ingredients into the dry, mix briefly until you have a smooth batter, don't over mix as this will make the muffins hard.
7. Gently mix the prunes into the mixture.
8. Spoon the batter into the cases.
9. Bake for 20-25 minutes until golden and well risen, and a skewer inserted to the centre of a muffin comes out clean.



Ingredients

- ◇ 100g butter, plus extra for greasing
- ◇ 200g porridge oats
- ◇ 100g sunflower seeds
- ◇ 100g sesame seeds
- ◇ 3tbsp honey
- ◇ 100g light muscovado sugar
- ◇ 2tsp ground cinnamon
- ◇ 100g dried cranberries or raisins



Equipment

- ◇ Roasting tin
- ◇ Square cake tin
- ◇ Baking paper
- ◇ Wooden spoon
- ◇ Kitchen scales
- ◇ Tablespoon
- ◇ Teaspoon
- ◇ Saucepan

Granola bars



Instructions

1. Heat oven to 140C.
2. Butter the base of the baking tin. Line it with baking paper.
3. Mix the oats and seeds in a roasting tin. Put in the oven for 5-10 minutes to toast.
4. Meanwhile, warm the butter, honey and sugar in a pan, stirring until butter is melted.
5. Add the oat mix, cinnamon and dried fruit. Mix until all the oats are well coated.
6. Tip into the cake tin, press down lightly.
7. Bake for 30 minutes.
8. Cool in the tin.
9. When cooled, cut into 12 bars.



Granola bars

Ingredients

- 100g butter, plus extra for greasing
- 200g porridge oats
- 100g sunflower seeds
- 100g sesame seeds
- 3 tbsp honey
- 100g light muscovado sugar
- 2 tsp ground cinnamon
- 100g dried cranberries or raisins

Equipment

- Roasting tin
- Square cake tin
- Baking paper
- Wooden spoon
- Kitchen scales
- Tablespoon
- Teaspoon
- Saucepan

Instructions

1. Heat oven to 140°C.
2. Butter the base of the baking tin. Line it with baking paper.
3. Mix the oats and seeds in a roasting tin. Put in the oven for 5-10 minutes to toast.
4. Meanwhile, warm the butter, honey and sugar in a pan, stirring until butter is melted.
5. Add the oat mix, cinnamon and dried fruit. Mix until all the oats are well coated.
6. Tip into the cake tin, press down lightly.
7. Bake for 30 minutes.
8. Cool in the tin.
9. When cooled, cut into 12 bars.



Ingredients

- ◇ 250g self raising flour
- ◇ 200g caster sugar
- ◇ 1tsp baking powder
- ◇ 1½ lemons (zest and juice)
- ◇ 100ml vegetable oil
- ◇ 170ml cold water



Equipment

- ◇ Large mixing bowl
- ◇ Kitchen scales
- ◇ Loaf tin
- ◇ Wooden spoon
- ◇ Grater
- ◇ Lemon juicer
- ◇ Measuring jug
- ◇ Teaspoon

Lemon cake (vegan)



Instructions

1. Heat oven to 200C.
2. Put the flour, sugar and baking powder into a large mixing bowl.
3. Add the sugar and baking powder.
4. Zest the lemon using the grater and squeeze the juice out.
5. Measure the oil and cold water in a measuring jug. Add the lemon juice.
6. Add the oil, water, lemon juice and lemon zest to the flour. Mix well.
7. Pour the cake mix into the loaf tin.
8. Bake for 35 minutes or until a skewer comes out clean.





Lemon



cake



(vegan)



Ingredients



Equipment

- **250 g** self raising flour

- **200 g** caster sugar

- 1 teaspoon baking powder

- 1½ lemons (zest and juice)

- **100 ml** vegetable oil

- **170 ml** cold water

- Large mixing bowl

- Kitchen scales

- Loaf tin

- Wooden spoon

- Grater

- Lemon juicer

- Measuring jug

- Teaspoon



Instructions

1. Heat oven to 200°C.

2. Put the flour, sugar and baking powder into a large mixing bowl.

3. Add the sugar and baking powder.

4. Zest the lemon using the grater and squeeze the juice out.

5. Measure the oil and cold water in a measuring jug. Add the lemon juice.

6. Add the oil, water, lemon juice and lemon zest to the flour. Mix



well.

7. Pour the cake mix into the loaf tin.

8. Bake for 35 minutes or until a skewer comes out clean.



Ingredients

- ◇ 200g lemon curd
- ◇ 500g tub Greek yogurt (low fat or 0% fat)
- ◇ 100g raspberries
- ◇ 1tbsp icing sugar



Equipment

- ◇ Kitchen scales
- ◇ 2 mixing bowls
- ◇ Tablespoon
- ◇ Fork

Lemon yoghurt treat



Instructions

1. Put the lemon curd and yogurt into a bowl. Gently mix together for a rippled effect.
2. Divide the mixture between glasses and put it in the fridge.
3. Put the raspberries into another bowl.
4. Add the icing sugar into the raspberries.
5. Gently crush the raspberries with a fork and mix them with the sugar.
6. Spoon the raspberry mixture over the yogurt.
7. Put it back in the fridge until ready to serve.



Lemon yoghurt treat

Ingredients

- 200 g** 
 - 200 g lemon curd
- 

















 - 500g tub Greek yogurt (low fat or 0% fat)
- 100** 
 - 100g raspberries
- 

 - 1 tsp icing sugar

Equipment

- 
 - Kitchen scales
- 2** 
 - 2 mixing bowls
- 
 - Tablespoon
- 
 - Fork

Instructions

-  the  and  into a . Gently  mix together for a rippled effect.
-  the mixture between glasses and  it in the fridge.
-  the raspberries into another bowl.
-  the icing sugar into the raspberries.
-  crush the raspberries with a fork and  mix them with the sugar.
-  the raspberry mixture over the yogurt.
-  it back in the fridge until ready to serve.



Ingredients

- ◇ 75g self-raising flour
- ◇ 75g porridge oats
- ◇ 75g sugar
- ◇ 75g butter
- ◇ 1tbsp golden syrup
- ◇ 1tbsp milk



Equipment

- ◇ Baking tray
- ◇ Baking paper
- ◇ Kitchen scales
- ◇ Mixing bowl
- ◇ Small saucepan
- ◇ Wooden spoon
- ◇ Tablespoon
- ◇ Cooling rack

Oat biscuits



Instructions

1. Heat oven to 180C.
2. Line a baking tray with baking paper.
3. Put the flour, oats and sugar into a bowl.
4. Melt the butter, syrup and milk in a small saucepan and stir until heated through.
5. Add to the dry ingredients and mix well until combined.
6. Spoon onto a baking tray and shape into 12 flat discs.
7. Bake for 10 to 15 minutes, or until golden brown.
8. Leave to cool for 5 minutes before removing from the baking tray.
9. Put them on a cooling rack to cool completely.
















Oat



biscuits











Ingredients

- **75 g**  self-raising  flour
- **75 g**  porridge  oats
- **75 g**  sugar
- **75 g**  butter
-  1 tbsp  golden  syrup
-  1 tbsp  milk



Equipment

-  Baking tray
-  Baking paper
-  Kitchen scales
-  Mixing bowl
-  Small saucepan
-  Wooden spoon
-  Tablespoon
-  Cooling rack



Instructions

1.  Heat  oven  to 180°C.
2.  Line a  baking tray  with  baking paper.
3.  Put the  flour,  oats   and  sugar into a  bowl.
4.  Melt the  butter,  syrup   and  milk in a  small  saucepan   and  stir until  heated through.
5.  Add to the  dry   ingredients   and  mix well until  combined.
6.  Spoon onto a  baking tray   12  flat  discs.
7.  Bake for  10 to 15 minutes,  or until  golden  brown.
8.  Leave to  cool for  5 minutes  before removing from the  baking tray.
9.  Put them on a  cooling rack to  cool completely.



Ingredients

- ◇ 110g butter, softened
- ◇ 110g caster sugar
- ◇ 2 eggs, lightly beaten
- ◇ 1tsp vanilla extract
- ◇ 110g self-raising flour

For the buttercream icing

- ◇ 70g butter, softened
- ◇ 140g icing sugar
- ◇ 1tbsp milk
- ◇ A few drops of food colouring



Equipment

- ◇ Bun tin
- ◇ Cupcake cases
- ◇ Kitchen scales
- ◇ Mixing bowl
- ◇ Wooden spoon
- ◇ Fork
- ◇ Cooling rack

Vanilla cupcakes





















Instructions

1. Heat oven to 180C.
2. Line a 12-hole bun tin with cupcake cases.
3. Weigh all the ingredients.
4. Cream the butter and sugar with a wooden spoon until light and fluffy.
5. Add the vanilla extract.
6. In a small bowl, beat the eggs with a fork.
7. Add the eggs bit by bit and keep beating the mixture.
8. Gently mix in the flour until it is well combined.
9. Spoon the mixture into the cases.
10. Bake for 10-15 minutes until the cakes are golden and springy when you touch them. Cool the cakes on the wire rack.
11. Make the icing while the cakes are cooling down.
12. Beat the butter until it is really soft.
13. Add the icing sugar, food colouring and milk.
14. Spread the butter cream on top of the cakes with the back of a spoon.











Vanilla cupcakes

















Ingredients

- **110 g**  butter, softened
- **110 g**  caster sugar
- **2**  eggs, lightly  beaten
- **1**  teaspoon  vanilla extract
- **110 g**  self-raising  flour
- For the  butter  cream  icing
- **70 g**  butter, softened
- **140 g**  icing sugar
- **1**  tsp  milk
- **A**  few  drops **of**  food colouring

Equipment

-  Bun tin
-  Cupcake  cases
-  Kitchen scales
-  Mixing bowl
-  Wooden spoon
-  Fork
-  Cooling rack

Instructions

1.  Heat oven to **180°C**.
2.  Line a **12** -hole bun tin with  cupcake cases.
3.  Weigh all the ingredients.
4.  Cream the  butter and  sugar with a  wooden spoon until  light and fluffy.
5.  Add the  vanilla extract.
6.  In a small bowl, beat the  eggs with a  fork.
7.  Add the  eggs  bit by bit and keep  beating the mixture.
8.  Gently mix in the  flour until it is  well combined.
9.  Spoon the mixture into the  cases.
10.  Bake for 10-15 minutes until the  cakes are  golden and  springy when you  touch them.  Cool the cakes on the  cooling rack.
11.  Make the  icing while the  cakes are  cooling down.
12.  Beat the  butter until it is really  soft.
13.  Add the  icing sugar,  food colouring and  milk.
14.  Spread the  butter cream on top of the  cakes with the back of a  spoon.

