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103 OVEN TEMPERATURE CONVERSION CHART

Beef Burgers

Equipment:

Frying pan

Mixing bowl

Slice

Ingredients:

1lb mince

1 egg

1 tablespoon oyster sauce

1 teaspoon Worcester sauce

Salt

Pepper

1 handful of breadcrumbs

1 tablespoon vegetable oil

1. Place all of the ingredients into the bowl and with very clean hands, thoroughly mix the ingredients together. (You will probably find it easiest to hold on to the bowl with one hand and mix the ingredients with the other).
2. Roughly, it doesn't have to be exact, split the mixture into 4 equal pieces and with your hands, form the pieces into balls then squash them into flat patties/ burgers, each of them being about a half - 1cm thick.

3. Put the oil into the frying pan and place on a high heat. Do not allow the oil to burn or smoke.
4. Carefully add the burgers and cook for a few minutes on each side, on a high heat and then reduce the heat to a small flame and cook again for another 5mins on both sides.
5. Allow to settle for a few minutes after cooking then serve either as it is with thin cut chips and salad, or in a soft bread bun with some cheese, salad etc.

Beef/Lamb Stew

This meal is best cooked the day before you intend to eat it which will allow the flavours to blend together, but can be eaten as soon as it is cooked. The cheapest cuts of meat, e.g. oxtail, shin of beef, neck of lamb, give the best flavour. Use either lamb or beef.

Equipment:

Frying pan

Slice

Sharp knife

Large plate

Casserole dish

Wooden spoon

Chopping board

Ingredients:

1lb cheap cut of beef or lamb

2 onions, stick of celery, 2 carrots, swede, sweet potato, Parsnip

1 tablespoon vegetable oil

2 tablespoon plain flour

Mixed herbs

1 teaspoon paprika

1 teaspoon turmeric

1 tablespoon oyster sauce/ optional

1 tin chopped tomatoes

Salt and pepper

1 teaspoon sugar

1. If you are using pieces of meat containing bones, feel the meat with your fingertips and remove any shards or tiny loose pieces of bone that have broken during the butchering process.

2. Place 2 tablespoons of plain flour onto the large plate, season well with salt and pepper and stir to mix.
3. Lay the meat down in the flour and pat it to thoroughly coat. Repeat with both sides.
4. Place the oil in the frying pan and put on a high heat. Once it is smoking hot add the meat and leave alone for a few mins to scorch on the bottom. This caramelises the flour and meat juices and adds to the flavour.
5. Turn the meat over and keep repeating until it has browned on both sides.
6. Remove the frying pan from the heat and remove the meat from the frying pan and add to the casserole dish.
7. Pour the tin of chopped tomatoes into the frying pan and stir, scraping any residue from the base of the frying pan before pouring it into the casserole dish. Fill the empty tomato tin with cold water, swill out the frying pan once more and pour into the casserole dish. You should now have a clean looking frying pan.
8. Peel, wash and roughly chop the vegetables and add to the casserole dish.
9. Add any of the remaining seasoned flour, herbs, spices, oyster sauce and a teaspoon of sugar and cover the dish with a lid.
10. Place the covered casserole dish into a hot oven, gas mark 8 for 10mins then reduce the heat to gas mark 4 for 3-4 hours.
11. Allow to cool thoroughly then, if you have added meat containing bones, now is the time to remove them before returning the meat to the dish.
12. If necessary, thicken the casserole with a solution of corn flour and water.

Boiled Beef and Carrots

(serves 4)

Equipment:

1 large saucepan
chopping board
sharp knife
vegetable peeler

Ingredients:

1 Joint of brisket about a pound in weight
1 Onion, stick of celery
1 Bay leaf
Vegetable stock
4 large carrots
4 potatoes
Salt and pepper

1. Place the joint of brisket in the large saucepan, only just cover the meat with either left over stock or water from the tap.
2. Add salt, pepper and bay leaf and bring to the boil.
3. Wash, peel and roughly chop the onion and celery and add to the pan.
4. Wash, peel and cut the carrots into large chunks and add to the pan.

5. When the pan reaches boiling point, turn down the heat until it is simmering.
6. Leave to simmer for 1hr.
7. Peel and chop the potatoes and add to the pan, bring the contents of the pan to the boil again then reduce to a simmer for another half hour.
8. Remove the beef from the pan, cover it with tin foil and set aside to allow it to rest for ten mins. before carving.
9. Strain the veg, retaining the stock to make gravy with.
10. Carve beef joint and pour gravy over the top of it.
11. Serve with Yorkshire puddings, the potatoes and carrots and maybe some dark green cabbage as well.

Boiled Ham

Equipment:

Large saucepan

Sharp knife

Chopping board

Ingredients:

Ham joint

1 carrot

1 onion

1 stick of celery

1 bay leaf

Salt and pepper

1. Peel, wash and roughly chop the carrot, onion and celery and place in a large saucepan with the bay leaf
2. Place the ham joint in a saucepan with the chopped veg and only just enough cold water to cover the meat. there is no need to add salt as the ham joint will be salty enough
3. Bring to the boil, then reduce the heat and simmer for 1hr
4. After simmering for 1hr, drain the stock from the pan and save in a jug (this stock can be used to boil vegetables in, or it can be used as the base for a stew, casserole or soup)
5. Cover the meat and allow to rest for ten minutes, before carving

Boiled Rice

Equipment:

Large pan

Colander

Wooden spoon

Ingredients:

2 handful of long grain rice per person

Boiling water

Salt and pepper

1. Bring to boil half a pan of seasoned water
2. Rinse the uncooked rice in cold water to remove excess starch, then add the rice to the pan of boiling seasoned water
3. Immediately scrape the bottom of the pan with a wooden spoon to stop the rice from sticking
4. After 10mins of rapid boiling, reduce the heat to a simmer and test a couple of the grains of the rice to check whether it's thoroughly cooked or not.
5. If there is still quite a crunch to the rice leave it for a few minutes longer then test again. Do not allow to overcook as the rice will become very sticky
6. Drain through a colander and serve immediately

Braised Red Cabbage

Equipment:

Large saucepan
wooden spoon
Chopping board
Sharp knife

Ingredients:

Half a red cabbage
4 tablespoons red wine vinegar
2 tablespoons soft brown sugar
1 finely chopped onion
Salt n pepper
1 tablespoon jam (strawberry or raspberry)
Oyster sauce -optional

1. Chop the cabbage in half from top to bottom then remove the solid wedge shaped centre from the cabbage and discard.
2. Roughly chop the cabbage, but not into too large pieces, and add to the pan with the oil and the finely chopped onion. Stir well but do not allow the onion to brown or burn.

3. Add the red wine vinegar and the brown sugar and boil for a few minutes, then turn down the heat and cook slowly for about 30mins, stirring regularly to stop the mixture from sticking to the bottom of the pan.
4. Add salt and pepper to taste and then add a tablespoon of oyster sauce and stir well.
5. Add a tablespoon of jam to the mixture and stir well, serve immediately.

Bread

Makes 2/3 loaves or 4 pizza bases

Equipment:

Wire cooling rack

Scales

Teaspoon

Mixing bowl

Baking tins

Measuring jug

Ingredients:

2lb 2oz strong white bread flour

2oz margarine

1 sachet fast action dried yeast

2tsp salt

2tsp sugar

Flour or whisked egg for brushing the tops of the loaves

500ml tepid water

METHOD

1. Put all of the ingredients, except the water, into the mixing bowl
2. With your fingertips, rub the margarine into the rest of the ingredients
3. Add the water and mix into a dough with your hands pulling all of the ingredients together into a ball
4. Remove the dough from the mixing bowl and place on a solid work surface

5. Spend between 5 and 10 mins. stretching and kneading the dough
6. Return the dough to the bowl, cover with a clean tea towel and leave 2-3 hours in a warm place until doubled in size
7. When doubled in size, remove the dough from the bowl and place on the work surface
8. With clenched fists, punch the dough ball into the shape of a large flat circle about 1cm thick
9. With a sharp knife, cut the flattened dough ball in half for 2 large loaves, into thirds for 3 small loaves and into quarters for 4 pizza bases
10. Grease the baking tins with margarine and reform the flattened dough pieces into loaf/pizza base shapes to fit the baking tins
11. Cover with a clean tea towel and leave in a warm place to rise again until doubled in size, between 1-2 hrs
12. Heat oven to gas mark 6
13. Either brush the tops of the loaves with a beaten egg or dust with a sprinkling of plain flour and place in the centre of the oven for 25 mins.
14. Remove the bread from the oven and take out of the tins.

15. Place the loaves upside down in the oven for 5 mins. to dry out the bases then place on a wire cooling rack and allow to cool

NB: If making pizza bases bake each base for 8 mins. then allow them to cool on a wire cooling rack

Butter Bean Sauce

Equipment:

Medium saucepan

Tin opener

Wooden spoon

Ingredients:

Knob of butter

Tablespoon of plain flour

Salt and pepper

Milk

1 tin of butter beans

Tablespoon oyster sauce

Breadcrumbs

1. Place the knob of butter in the medium saucepan and put on the heat, do not allow to brown, burn or smoke.
2. Add the tablespoon of plain flour and stir with a wooden spoon until the two have formed a ball.
3. Remove from the heat and, stirring continuously, add a little of the milk, not a lot, but just enough to loosen the ball.
4. Return to the heat, stirring continuously and adding a little of the milk at a time until the sauce will take no more without becoming thin and watery.

5. Taste the sauce and season with salt and pepper if necessary.
6. Add the carrot, onion and celery (which were cooked earlier with the ham joint).
7. Open the tin of butter beans and drain the liquid away. Rinse the contents of the tin thoroughly with fresh cold water a few times, to remove any sediment that may have built up at the bottom of the tin, before adding the beans to the sauce.
8. With a very sharp knife, carefully carve the joint of ham. Only carve what you are going to eat that day. If you can't eat it all between you in one meal, leave the rest of the joint uncarved so that it can be carved fresh when needed and therefore won't dry out.
9. Lay out the ham in a shallow casserole dish and pour the butter bean sauce over the ham and sprinkle breadcrumbs on the top.
10. Even though all of the ingredients are now cooked, place the casserole dish with the ham and butter bean sauce into a hot oven for 15 minutes, which will just crisp up the bread crumbed surface.

Chicken and Mushroom Risotto (serves 4)

Equipment:

Large saucepan
Wooden spoon
Chopping board
Tablespoon

Medium saucepan
Sharp knife
Plate

Ingredients:

12 oz risotto/arborio rice
1 onion
1 clove garlic
2 mushrooms
1 handful frozen/ fresh peas
1 ltr chicken gruel/stock
2 tablespoons olive oil/vegetable oil
Left over cold chicken

1. Put 1ltr gruel/stock into a medium sized saucepan, bring to the boil then reduce the heat and allow to simmer
2. Put 1 tablespoon of oil into a large saucepan, add finely chopped onion, garlic and mushrooms, cook gently over a low heat, stirring constantly. Do not allow to burn.

3. After a few minutes of gentle cooking and once the ingredients have softened, remove them from the pan, put on a plate/bowl and set aside.
4. Put another tablespoon of oil into the same pan, add the risotto /arborio rice and stir with a wooden spoon to coat all of the rice in the hot oil.
5. Add a small amount of the simmering stock/gruel to the rice pan and stir until the liquid is soaked up by the rice. Repeat this process adding a little more of the stock each time. Do not be tempted to add all of the stock/ gruel at once as this will not work.
6. Before adding the last of the stock/gruel to the rice pan, add the cooked mushrooms, onion and garlic, a handful of peas and some leftover chicken. Add the last of the stock/gruel and cook until the rice has soaked up most of the liquid. This should only take a few minutes.
7. Season to taste then serve immediately with salad and/ or crusty garlic bread.

To warm up any left-over risotto add a splash of boiling stock/ water/gruel to the rice and warm through in a saucepan.

Chicken Balls in Batter

Equipment:

Mixing bowl

Chopping board

Sharp knife

Deep fat fryer/ chip pan/ wok half filled with veg oil

Cooling rack

Slotted metal spoon

Ingredients:

Batter made to the same recipe as for coating battered fish

1 chicken breast

Soy sauce

Salt and pepper

1. Make the batter mixture as for fried fish and set aside.
2. Cut the chicken breast into pieces approximately 1cm cubed.
3. Sprinkle the chopped chicken with salt, pepper and soy sauce and stir to coat all sides of the chicken.
4. Heat the chip pan/wok/deep fat fryer until it starts to smoke.

5. Put the chicken into the batter and take out one piece of chicken at a time, coated in the batter and carefully drop into the hot fat. Do not fill the pan with lots of chicken balls as they will stick together.
6. Using a slotted metal spoon, lift each battered ball out of the pan as it becomes golden brown and place on a cooling rack to allow any excess fat to drain off.
7. Serve with sweet and sour sauce, boiled rice and prawn crackers.

Chicken Gruel

Equipment:

Large saucepan

Wooden spoon

Chopping board

Colander

Sharp knife

Large bowl/jug

Ingredients:

Chicken carcass, with all meat removed

Salt and pepper (pinch)

Stock

Bay leaf

Large handful of Porridge Oats

Curry powder (2 tsp.)

Turmeric (2 tsp.)

1 Onion

1 Carrot

1 Stick Celery

1. Roughly chop veg and crush chicken carcass
2. Add all ingredients to large saucepan
3. Add just enough stock to cover all ingredients
4. Bring to the boil and simmer for 1 hour (stirring occasionally)
5. Strain through colander



Chicken Soup

Equipment:

Large saucepan

Sharp knife

Wooden spoon

Chopping board

Ingredients:

Chicken gruel

Milk/cream

Salt and pepper (to taste)

Cooked left over chicken meat

1. Heat gruel in a saucepan
2. Add a little bit of milk/cream
3. Season with salt and pepper
4. Add meat and serve immediately

Chicken Stew and Dumplings

Equipment:

Casserole dish
Wooden spoon
Sharp knife
Scales

Large saucepan
Chopping board
Mixing Bowl
Potato/veg peeler

Ingredients:

Potatoes
Carrots
Onions
Leftover chicken meat
Bay leaf
Vegetable suet
Self-Raising flour
Salt 'n' pepper (to taste)
Chicken Gruel

1. Peel and dice veg. and add to large saucepan
2. Cover with chicken gruel and bring to the boil
3. Boil for 20 minutes then transfer to casserole dish
4. Add a bay leaf, salt and pepper, and put in oven (gas mark 7/425 F)

5. Put 8 oz Self Raising flour into a mixing bowl with 4 oz Suet and a pinch of salt. Add just enough water to make a solid ball
6. Form suet dumplings into golf ball size pieces
7. Add cooked left-over chicken to casserole.
8. Put dumplings on top of the stew and return to oven for 20 minutes
9. Turn dumplings over, return to oven for 10-15 minutes
10. Serve with green veg.

Chilli Con Carne

Equipment:

Large saucepan

Wooden spoon

Sharp knife

Tin opener

Vegetable peeler

Ingredients:

1 lb beef mince

1 tablespoon vegetable oil

2x tins chopped tomatoes

Half a tube of tomato puree

1 onion, stick of celery, carrot

1 clove of garlic

1 teaspoon of sugar

Pinch of salt and pepper

3-4 small squares of chocolate, plain if possible

1 teaspoon paprika

Half a teaspoon of chilli powder

1 tin of red kidney beans

Tablespoon of oyster sauce (optional)

1. Place the tablespoon of oil into the saucepan and put on the heat.
2. Add the beef mince and stir until all of the mince has released its fat and has turned a grey colour.

3. Drain the mince of all excess fat and return to the heat.
4. Wash peel and very finely chop the carrot, onion, garlic and celery and add to the pan.
5. Keep stirring the pan as often as possible.
6. The mince will now start to catch, and stick on the bottom of the pan, so very slowly add half of one tin of chopped tomatoes and stir.
7. Add the paprika, chilli powder, tomato puree, oyster sauce and sugar to the pan and stir.
8. Break up and add the chocolate to the pan followed by the rest of the tins of chopped tomatoes.
9. Reduce the heat to a simmer and add the tin of red kidney beans. Before emptying the tin of red kidney beans swill the tin a few times with fresh tap water pouring away the residue each time, Give the tin a good shake when it is half filled with water this will help to wash away all of the sediment that inevitably gathers at the bottom of the tin.
10. Simmer for half an hour then serve with plain boiled rice or jacket potatoes and cheese.

Corned Beef and Potato Pie

Equipment:

Sharp knife

Large, shallow casserole dish

Large and medium saucepan

Chopping board

Cheese grater

Colander

Ingredients:

1 tin of corned beef

Gravy granules / powder

Grated cheese

Any left-over veg from the day before

4 large onions

2 handfuls of potatoes

Breadcrumbs

1. Wash and chop (peel if necessary) the potatoes and place in a large saucepan with salt and pepper and only just enough cold water to cover them.
2. Bring to the boil, then reduce the heat and simmer for a further 20mins, or until the potatoes are soft and fall apart easily.
3. Strain the potatoes through a colander, save the stock and set both aside for later use.
4. Peel and slice into rings the 4 large onions and put into the medium saucepan with a tablespoon of vegetable oil.
5. Place on the heat and stir continuously. Do not allow the onions to brown or burn as this will severely impair the flavour of the gravy.

6. During this cooking process the onions will dry out very quickly so, incrementally, just add a little bit of the potato stock at a time, until the onion has soaked up the majority of the liquid and the resulting gravy has thickened - this should take about 10/15mins.
7. Add the gravy granules/powder to brown and thicken the onion gravy and set aside.
8. Very carefully open the corned beef tin, remove the meat, cut into small cubes about 1cm by 1cm and place in the bottom of the casserole dish.
9. Pour the onion gravy on top.
10. For the next layer, on top of the onion gravy, add any left-over vegetables from the day before. Anything will do, carrot, cauliflower, cabbage, leek etc. Crush it a little with your hands if there are any large chunks, but do not mash.
11. Either crush the now cooled potatoes in your hands and allow them to run through your fingers, or use a potato masher for a smoother, lump free finish.
12. Place the cooled, crushed (or mashed) potatoes on top of the left-over veg, a spoonful at a time, leaving each spoonful standing separate and independent from each other. Do not smooth the surface.
13. Add a sprinkling of strong, grated cheese to the surface, followed by a handful of breadcrumbs then place in a hot oven, gas mark 8 for 20 mins or until the surface has browned and crisped up a little bit.
14. Serve with green veg.

Cottage Pie

Equipment:

Large and medium saucepan
Sharp knife
Wooden Spoon

Colander
Chopping board
Cheese grater

Ingredients:

Vegetable oil
1 onion, carrot and stick of celery
2 Handful of potatoes
Gravy granules/powder

1lb beef mince
Grated cheese
Breadcrumbs

1. Wash and roughly chop the potatoes (peel if necessary) and place in the large saucepan.
2. Add just enough cold water to cover the potatoes, add salt and pepper and bring to the boil.
3. Simmer for 20/25mins or until the potatoes are soft and fall apart easily.
4. Strain the potatoes through a colander, saving all of the stock and set both aside for later use.
5. Put the mince into a medium saucepan, add a tablespoon of vegetable oil and place on the heat, stirring all the time with a wooden spoon so that the meat doesn't burn on, or stick to the bottom of the pan.

6. After 5/10 minutes, remove the pan from the heat. The mince should be a grey colour and most of the fat previously held within the uncooked mince will have melted and oozed out of the meat and now be in the bottom of the pan.
7. Strain the mince to remove as much of the fat as possible as this will impair the flavour and make the meal much more fattening.
8. Return the meat pan to the heat, stirring regularly with a wooden spoon.
9. Wash, peel and finely chop the carrot, onion and celery and add to the meat pan.
10. Add salt and pepper and just enough of the potato stock to cover the meat and vegetables.
11. Bring to the boil then simmer for 20 mins, stirring occasionally.
12. After 20 mins strain the stock from the meat pan and place the meat in a shallow casserole dish. Make some gravy with the rest of the stock and add to the meat in the casserole dish.
13. The next stage is one of personal preference. I prefer to roughly grab the cooled, boiled potatoes and squash them in my hands and through my fingers so that they retain a little bit of their original texture, whereas others might prefer to use a potato masher so that there aren't any lumps at all.
14. Add the crushed/mashed potato to the dish by the spoonful, so that each spoonful stands proud and independent from its neighbours. Don't be tempted to smooth the surface of the mash.

15. Grate a bit of strong cheese on the surface and add a handful of breadcrumbs to the top of the cheese.
16. Place in the top of a hot oven, gas mk 8 for about 20mins to crisp up and brown the surface of your cottage pie.

Serve with green veg, carrots and gravy. Or for a quick, filling snack, enjoy with a tin of baked beans for a quick and easy winter warming meal.

For a Shepherd's pie, substitute the beef mince for lamb mince.

Dauphinoise Potatoes (serves 4)

Equipment:

Potato peeler
Sharp knife
Chopping board
Cheese grater
Shallow casserole dish
Kitchen foil

Ingredients:

2/3 large potatoes
4 large onions
1 medium carton double cream
Salt and pepper
4oz strong cheese

1. Peel the potatoes and slice them very, very thinly.
2. Peel the onions and slice them very, very thinly.
3. Place a single layer of sliced potato to cover the base of the casserole dish and sprinkle with salt and pepper. Do not allow the slices of potato to overlap each other.
4. Place approximately a third of the thinly sliced onion on top of the potatoes and sprinkle with a bit of the grated cheese.

5. Repeat with two more layers of potatoes, onion and cheese placing a pinch of salt and pepper on top of each layer of potato.
6. Pour the carton of double cream on top of the mixture in the casserole dish, cover with a piece of kitchen foil.
7. Place in the top of a hot oven, gas mk 8 for 25 minutes, then remove the foil and return to the oven for a further 20 minutes to brown off.
8. With a sharp knife, test the potatoes for softness, they should fall apart quite easily when cooked.

Dumplings

You can use either beef or vegetable suet - the flavour doesn't change much between the two

Equipment:

Mixing bowl

Scales

Butter knife

Measuring jug (for pouring)

Ingredients:

8 ounces of self-raising flour

4 ounces of suet

Salt and pepper

Cold water

1. Weigh the flour and the suet and place in the mixing bowl with the salt and pepper.
2. Carefully and very slowly pour cold water onto the suet and flour mix whilst stirring with a butter knife. Only add enough water so that the mixture begins to bind. Do not add so much that it becomes a sticky mass.
3. With your hands covered in flour, consolidate the flour, suet and water into a solid ball, then separate into golf ball

size pieces. The suet balls can be rough and ready and not perfectly symmetrical in any way. They will then have more surface area than if they were perfectly smooth and rounded and will soak up and take on more of the casserole flavour.

4. Reheat your casserole to a simmering point (gentle blub, blub, blub of bubbles rising to the surface) before carefully adding the dumplings.
5. Place your dumplings around the surface of your casserole, They will sink into the liquid a bit but that doesn't matter. Leave about a centimetre between each dumplings so that they can rise.
6. Place the casserole dish into a hot oven, gas mark 7 for 20 mins. Carefully turn over the dumplings using a couple of dessert spoons and cook for another 15 mins.

Serve with mashed potatoes, and greens.

Egg Fried Rice

Equipment:

Frying pan

Wooden spoon

Fork for whisking

Ingredients:

Boiled and cooled long grain rice

2 tablespoons of vegetable oil (ground nut oil optional)

1 egg

Handful of chopped chives/ onion leaves

Salt and pepper

Soy sauce

1. Spread out your freshly boiled rice onto a shallow dish or plate so that the rice cools down quicker and doesn't stick together.
2. Heat up the oil in the frying pan and add the egg. Stir vigorously to break up the egg and add the rice.
3. Stir again and add the chopped chives and a splash of soy sauce to the pan.
4. Stir again and serve immediately

Fish and Chips

Equipment:

Mixing bowl

Wooden spoon

Scales

Cooling rack

Potato peeler

Whisk

Measuring jug

Chip pan and basket

Kitchen towel

Ingredients:

Batter Mix

4oz plain flour

2 teaspoons of baking powder

Pinch salt

1/4 pint cold water (or beer, or a mixture of the two)

1 tablespoon vegetable oil

Fish

Potatoes

Cooking oil/ Lard

1. Place the flour, salt and baking powder into a mixing bowl and add the veg oil.
2. With a wooden spoon, mix the ingredients together whilst adding a bit of the liquid at a time until everything is blended together.
3. Vigorously beat the mixture with a whisk for a few minutes then place into the fridge to settle

4. Place the chip pan and basket, half-filled with veg oil or lard onto the heat, but be very careful not to allow it to overheat. If it starts to smoke remove from heat immediately
5. Peel, chip and wash the potatoes in cold water to remove any excess starch then drain and dry the chips thoroughly with a clean tea towel
6. Take the basket from the chip pan and place the chips into it before lowering it gently and carefully into the hot chip pan
7. Do not walk away from the chip pan as it is very easy for it to catch light and cause serious damage to property and life
8. After about 5mins (depending on the amount of chips being cooked and the heat of the fat in the chip pan), take the basket of chips from the chip pan and set aside to allow the fat in the pan to heat up again. Once again do not allow the pan to reach smoking point
9. Return the basket of chips to the pan and cook for a further five minutes or so, then remove the basket of chips from the pan and set aside
10. After checking your fish to make sure that all of the bones have been removed, sprinkle a pinch of salt on your fish, dip it into the batter and very carefully, immediately place in the chip pan for about 5 mins, turn regularly. When the batter appears brown and crispy, remove from the pan and allow to cool on the cooling rack
11. Dip the basket of chips into the fat for one last time, drain and serve with the fish

Fish Pie

Equipment:

1 Large saucepan 1 Small saucepan
Measuring jug Sieve
Casserole dish large enough for fish pie

Ingredients:

3-4oz white fish
3-4oz smoked fish
3-4oz peeled prawns (optional)
1 hard-boiled egg (optional)
1pt milk
1 tablespoon plain flour
1 knob of butter (margarine)
3 teaspoon dried parsley
Salt and white pepper to season
2 or 3 large potatoes
Any left-over veg from the day before
Breadcrumbs
Grated cheese
1 Bay leaf (optional)
1 Onion

1. Peel and chop the potatoes and just cover them with cold, seasoned water. Bring to the boil, drain and allow to cool
2. Place the fish in the empty pan, cover with the milk and season. Add the bay leaf and a roughly chopped onion and

bring to the boil, then simmer for about 5 mins, until the fish falls apart into flakes quite easily

3. Sieve the contents of the fish pan and set aside the milky stock for later use
4. Put 1 egg into a small saucepan and boil for five mins, then cool, peel and roughly chop
5. Break the cooled onion from the milk pan into the base of your casserole dish and add any left-over veg and the roughly chopped, hard-boiled egg
6. Carefully break apart the fish, discarding any skin and bones and add the flesh to the dish
7. Place the knob of butter into a small saucepan and put on the heat
8. When melted, add a tablespoon of plain flour and stir until it forms a ball
9. Remove from the heat and add a little of the fish flavoured milk before returning to the heat, stirring all the time.
10. Bit by bit, add the rest of the milk to the mixture until a creamy sauce is formed
11. Add half of the sauce to the casserole dish.
12. Crush the cooled, cooked potatoes between your fingers to make a rough, rustic mash, then place on top of the fish pie in a rough, open fashion (Do not smooth as you might a shepherds pie)
13. Pour the remainder of the sauce over the top of the potatoes and add a handful of breadcrumbs to the surface

14. Sprinkle a little grated cheese on to the top of the breadcrumbs and place in a hot oven, gas mark 7 until golden brown on the top

Fried Haddock in Breadcrumbs

Equipment:

3 large plates

Fork to whisk the egg

Frying pan

Ingredients:

Haddock fillets

Soy sauce

1 egg

2 tablespoons of plain flour

A cup of breadcrumbs

A pinch of salt and pepper

1 tablespoon of vegetable oil

1. Carefully feel the haddock fillets with your finger tips and remove any bones that you may feel there. Sprinkle the haddock fillets with a few splashes of soy sauce and set aside.
2. Break the egg on to one of the large plates and whisk with a fork.
3. Place the plain flour on the second plate and season with salt and pepper.
4. Place the breadcrumbs on the third plate.

5. Dip the haddock fillets, one at a time into the flour and thoroughly coat both sides.
6. Dip the floured haddock fillets into the whisked egg and thoroughly coat both sides with the egg.
7. Dip the floured, egg coated fillets into the breadcrumbs and thoroughly coat both sides.
8. Add the vegetable oil to the frying pan and heat.
9. Add the haddock fillets to the hot fat in the frying pan and cook for about 5 minutes, turning regularly to prevent the breadcrumb coating from burning.
10. Serve immediately with mashed potatoes or sautéed potatoes, parsley sauce and peas.

Ham and Mushroom Tagliatelle

Equipment:

Large saucepan

Wooden spoon

Chopping board

Medium saucepan

Sharp knife

Colander

Ingredients:

2 red onions

2 cloves garlic

1 tablespoon olive oil

Pinch of salt & pepper

Half a teaspoon tarragon

4 slices ham

6 mushrooms

Small pot of double cream

1 tablespoon oyster sauce/optional

2-3 ounces of grated cheese

Splash of lemon juice

Tagliatelle balls, 2 is enough for one person

1. Add the vegetable oil to the medium saucepan and place on the heat.
2. Peel and very finely chop the onions and garlic and add to the pan. Be very careful not to let the onion and garlic burn or stick to the bottom of the pan. Reduce the heat if necessary.
3. Roughly chop the ham and the mushrooms and add to the pan, stir.

4. Add the pinch of salt and pepper, oyster sauce and tarragon to the pan and stir.
5. Reduce the heat and allow the contents of the pan to cook slowly for 5 minutes or so, until the onions have softened.
6. Add the double cream and the lemon juice, stir, taste and season again if necessary. Set aside, but keep warm and stir every now and then whilst preparing the pasta.
7. Boil the kettle and half fill the large pan with boiling water. Add a pinch of salt and pepper, place on the heat and bring to the boil again.
8. Add the pasta to the pan of boiling seasoned water and separate the pasta strands with a chopstick or similar so that they cook evenly.
9. After about ten minutes remove a small piece of the pasta and taste test it, to check that is thoroughly cooked and not at all hard.
10. Do not overcook or the pasta will be tough and sticky.
11. As soon as the pasta has cooked remove it from the heat, drain through a colander and splash with olive oil.
12. Pour the ham and mushroom sauce over the pasta and mix thoroughly.
13. Serve immediately with crusty/garlic bread and salad.

Lamb Tagine

This meal is a Moroccan dish which is generally cooked in an unusual shaped earthenware dish called a tagine, but any casserole dish will do.

Equipment:

Frying pan	Large plate
Casserole dish/ tagine	Slice
Sharp knife	Peeler
Chopping board	Wooden spoon

Ingredients:

1lb lamb or rabbit, use the roughest, cheapest cut of lamb or rabbit that you can find. Neck, breast or scrag end
 2 tablespoons plain flour
 2 teaspoon cumin
 1teaspoon coriander
 1 teaspoon paprika
 1 teaspoon raz el hanout
 selection of root vegetables
 1 apple
 1 teaspoon honey/syrup
 1 tin chopped tomatoes
 a handful of dried fruit, eg, dates, sultanas, raisins, mixed dried fruit etc.
 2 cloves garlic
 salt
 pepper
 oyster sauce/optional

1. Place the plain flour, salt and pepper, herbs and spices onto the plate and mix together.
2. Put the vegetable oil into the frying pan and put on a high heat.
3. Check that there aren't any loose bits of bones in the meat and dip them into the seasoned, spiced flour, thoroughly coating both sides then add to the hot oil in the frying pan. After a few minutes turn over to ensure that the meat gets thoroughly browned on both sides.
4. Once the meat has browned, place in the casserole dish/tagine with any remaining flour mixture.
5. Add a tin of chopped tomatoes to the frying pan and swill around to remove any bits from the pan. Refill the tomato tin with cold water and swill the pan again, to remove any remaining residue and pour all into the casserole dish.
6. Wash, peel and roughly chop the veg and add to the casserole dish along with the oyster sauce, chopped garlic and honey/syrup.
7. Cover with a lid and place into a hot oven gas mark 8 for 10 mins.
8. Reduce the heat to gas mark 4 for 3-4 hours.

Serve with couscous or rice and salad greens with crusty bread.

Lasagne

Meat Sauce

Equipment:

Large saucepan

Sharp knife

Wooden spoon

Chopping board

Ingredients:

1lb minced beef

1 onion, stick of celery, carrot

2 tins of chopped tomatoes

Half a tube of tomato puree

Tablespoon of oyster sauce (optional)

Half a teaspoon paprika

Half a teaspoon chilli powder

Teaspoon of mixed herbs

Teaspoon of sugar

Salt and pepper

Tablespoon of veg oil

2 cloves of garlic

1. Place the minced beef into the large saucepan, add the veg oil and put on the heat.
2. Cook gently, until the mince has turned grey and the fat has oozed out of it, then drain off the fat and return to the heat.
3. Wash peel and chop, very finely, the carrot, onion, garlic and celery and add to the mince, stirring regularly and turning up the heat.

4. Add the salt and pepper, oyster sauce, mixed herbs, paprika, chilli powder and sugar.
5. By now the ingredients will be starting to sizzle as they catch on the bottom of the pan.
6. Add the tins of chopped tomatoes a little bit at a time stirring continuously, then add the half tube of tomato puree, reduce the heat then cook for about 15-20 mins. until it has thickened. Set aside.

White Sauce

Equipment:

Medium saucepan

Wooden spoon

Measuring jug

Ingredients:

Knob of butter/ margarine

1 tablespoon of plain flour

1 pint of milk

Salt and pepper

1. Place a large knob of butter into the saucepan and heat until it has just melted. Do not allow to brown, burn or reach smoking point.
2. Add the tablespoon of plain flour and remove from the heat. Stir to blend the fat and flour to make a ball.
3. Add milk a little at a time, replacing the pan on the heat every now and then to keep the temperature of the mixture steady.

4. Slowly add all of the milk until the mixture is thick and creamy. Add salt and pepper and set aside.

Assembling the Lasagne

1. Using a large shallow, square or rectangular casserole dish, place a thin layer of the meat and vegetable mixture on the bottom of the dish.
2. Lay lasagne sheets on top of the meat and veg mixture, being very careful not to let any of the sheets overlap. The lasagne sheets can be broken up to fit into your dish.
3. Place a thin layer of grated cheese on top of the lasagne sheets and then cover with the white sauce.
4. Repeat until all of the meat and veg and white sauce are used up.
5. Place your lasagne in the top of a hot oven gas mark 7 for 20-30 mins.
6. Serve with salad.

Liver, Sausage, Bacon & Onions

Equipment:

Metal dessert spoon
Chopping board
Sharp knife
Frying pan
Slice
Casserole dish
Large plate

Ingredients:

$\frac{1}{2}$ lb pigs liver
3 rashers of smoked streaky bacon
4 pork chipolata sausages
1 tablespoon of plain flour
Salt and pepper
2 large onions
1 tablespoon of oyster sauce
Gravy granules

1. Place the flour onto the large plate and thoroughly mix the seasoning into the flour.
2. Chop the liver into slices and coat in the seasoned flour.
Chop the bacon into bite sized pieces and the onions into half slices.
3. Put the veg oil into the pan and put on a high heat, but do not allow to burn or reach smoking point.

4. Add the liver to the frying pan and fry for a few minutes until browned on either side. Remove from the pan add to the casserole dish.
5. Fry the bacon and sausages in the same pan and add to the casserole dish.
6. Fry the onions with any remaining flour and add to the casserole dish.
7. Rinse the frying pan out with a bit of cold water and add to the casserole dish.
8. Top up the casserole dish with cold water until the contents of the casserole dish are only just covered with liquid.
9. Place in a hot oven, gas mk7 for 45 mins.
10. Strain the liquid from the casserole dish and put into a medium sized saucepan.
11. Following the instructions on the packet of gravy granules, thicken up the casserole stock in the saucepan and then return it to the casserole dish.
12. Serve immediately with mashed potatoes, carrots and spring greens.

Mashed Potatoes

Equipment:

Medium saucepan

Vegetable peeler

Sharp knife

Chopping board

Potato masher

Ingredients:

2 large potatoes

Knob of butter

Pinch of salt and white pepper

Splash of milk

1. Wash peel and chop the potatoes into equal size pieces.
2. Place in the saucepan and add just enough water to cover them.
3. Add a pinch of salt to the water and bring to the boil.
4. Once the pan has reached boiling point, turn it down to a simmer and cook for a further 20 minutes.
5. Test that the potatoes are soft enough to mash by stabbing them with a knife. If they fall apart quite easily, remove from the heat, strain through a colander and return to the pan.

6. Add the butter, milk, pinch of salt and white pepper to the pan with the potatoes and mash. For a creamier mash add more butter.
7. Taste the potatoes to check that they have been thoroughly seasoned.
8. Serve immediately or allow to cool and use at a later date.

Mince Pies

Equipment:

Rolling pin

Butter knife

2 round pastry cutters, one large (about 3 inch), one smaller (about 2 1/2 inch)

Fork to whisk egg

Pastry brush

Oven tray for 12 cakes/pies

Cooling rack

Ingredients:

1lb short crust pastry mix

1 egg (beaten)

Mincemeat

Granulated sugar

Margarine to grease trays

1. Make short crust pastry according to previous recipe and place on a lightly floured surface, before rolling out the pastry with a rolling pin until it is approximately 2-3mm thick
2. Lightly grease your oven tray with margarine
3. Using the large cutter, cut out 12 large rounds of pastry and 12 small rounds of pastry

4. Put the larger of the rounds in the indentations in the cake tray and smooth down lightly
5. Fill each of these rounds with a teaspoon of mincemeat and gently place the smaller of the rounds on the top to form a pie
6. Brush with a beaten egg and place in a hot oven, gas mark 6 for 15 mins
7. Remove from the oven after 15 mins and take the individual pies out of the tray and allow to cool on a wire rack
8. While still hot sprinkle a little sugar on top of the pies

Minced Beef and Veg Cobbler

Equipment:

Medium sized saucepan

Wooden spoon

Chopping board

Sharp knife

Ingredients:

1 tablespoon of vegetable oil

1lb beef mince

1 onion, carrot, stick of celery (any other veg as optional - the more the merrier!)

Gravy granules

Oyster sauce (optional)

Salt and pepper

1. Place the tablespoon of oil and the beef mince into the saucepan and put it on the hob.
2. Stir constantly with a wooden spoon until the mince has turned a grey colour and lost most of its fat.
3. Strain the fat from the pan and discard.
4. Whilst still stirring, add half a cup of cold water, salt and pepper and a tablespoon of oyster sauce (optional). Turn down the heat and allow to cook through for 10-15mins.
5. Wash the veg, peel and chop, very, very finely and add to the mince.

6. If the contents of the saucepan sizzle when you stir it add a bit more water to prevent it from sticking to the bottom of the pan and burning.
7. Allow to cook for another 10-15 mins, stirring occasionally.
8. When cooked, taste to make sure that it is sufficiently seasoned and place in a shallow dish.

Pancakes

Equipment:

The same as for Yorkshire puddings but instead of a Yorkshire pudding tray you will need:

1 large frying pan
Small ladle
Small plate
Slice/spatula
Heat resistant pastry brush

Ingredients:

The same as for Yorkshire puddings.

1. The same as for Yorkshire pudding up until the point when you remove the mixture from the fridge.
2. Put a large knob of lard/vegetable oil into the frying pan and place on the heat.
3. When the lard has melted, pour it all onto a small plate retaining just a coating of fat in which to cook the pancake.
4. With a ladle or scoop, pour just enough pancake mixture into the frying pan to cover the surface.

5. Leave on high heat to cook for a few minutes until bubbles start to form on the surface.
6. At this point, if you feel confident enough, toss the pancake to turn it over, or use a slice or spatula.
7. Cook for another couple of minutes, then serve with lemon juice and sugar, chocolate spread, maple syrup or any of a myriad of toppings to suit your personal taste.
8. Using your pastry brush and the small plate of melted, warm fat, 'paint' the surface of the frying pan with just enough fat to coat the surface then add a ladle of pancake mixture and repeat the process.

Pizza Topping

Equipment:

Large saucepan

Tin opener

Sharp knife

Chopping board

Wooden spoon

Teaspoon

INGREDIENTS

2 tablespoons vegetable oil (or olive oil)

1 tin chopped tomatoes

1 teaspoon sugar

1 onion

Half a tube of tomato puree

1 clove garlic

Mixed herbs

2 teaspoons paprika

Half teaspoon of chilli powder

Salt and pepper

Tablespoon oyster sauce (optional)

METHOD

1. Finely chop onion and garlic and gently fry in oil. Do not allow to brown or burn.
2. Add herbs, spices, salt and pepper

3. Add tin of chopped tomatoes, tomato puree and sugar, simmer for about 20mins, then remove from the heat and allow to cool
4. Spread a layer of the homemade tomato sauce on top of the part cooked pizza bases
5. Cover with toppings of your choice, finish with cheese
6. Bake in hot oven, gas mk8, for 10 mins.
7. Remove from the oven and place on a wire cooling rack
8. Slice and serve with salad

Potato Cakes

Equipment:

Mixing bowl

Frying pan

Spatula

Ingredients:

Left over potatoes

Left over greens

1 egg

Salt and pepper

1 teaspoon dry English mustard

Vegetable oil

Oyster sauce

1. Thoroughly mix all of the ingredients together in a bowl.
2. Put the frying pan on the hob add the oil and heat.
3. Separate a small handful of the mixture and add to the hot oil in the pan.
4. Fry for 3 mins before turning over and frying the other side.
5. Serve immediately.

Prawn Crackers

Equipment:

Deep fat fryer/wok/chip pan

Cooling rack

Kitchen towel

Slotted metal spoon

Ingredients:

Raw prawn crackers

1. Heat the fat in the chip pan/ deep fat fryer/wok until it reaches the point where it begins to smoke, then add up to 6 raw prawn crackers at any one time. They will initially sink to the bottom of the pan but will rise to the surface again in a matter of seconds.
2. Remove the crackers from the pan when they have risen to the surface and place on a piece of clean kitchen towel on a cooling rack. This will prevent the crackers from sweating and will allow them to drain off any excess fat.
3. Sprinkle with a little salt a serve immediately.

Roast Chicken and Veg

Equipment:

Shallow Baking Tray
Sharp Knife
Small Saucepan
Tin Foil
Measuring Jug
Bowl
Table Spoon
Kettle

Roasting Tin
Slice
Large Saucepan
Chopping Board
Veg Peeler
Wooden Spoon
2 x Forks

Ingredients:

Chicken (1.5 Kg)	Stuffing Mix
Salt, Pepper, Mixed Herbs	Sausages
Gravy Mix	Vegetable Oil
Potatoes, Carrots, Onions, Greens	

Heat oven to Gas Mark 7/425 F)

1. Remove all packaging and place chicken on roasting tin.
2. Pour 2 tablespoons of vegetable oil over the chicken.
3. Sprinkle a pinch of salt, pepper and mixed herbs over the top.
4. Cover with tin foil and place in oven.
5. Peel and cut potatoes, place in saucepan with enough water to cover. Add a pinch of salt and pepper, bring to the boil.

6. After 15-20 minutes remove potato pan from the heat, drain stock into measuring jug and carefully place potatoes around the chicken.
7. Peel and cut carrots, place in pan and cover with stock from jug, bring to the boil.
8. Following instructions on the packet put stuffing mix into bowl and pour boiling water from kettle over the mix. Stir with wooden spoon and allow to cool.
9. After 45 minutes, remove tin foil and using forks, turn chicken over.
10. Pour any excess stock from roasting tin into small saucepan. Put roasting tin back in oven without foil.
11. When stuffing mix is cool, skin a sausage and add to the mix. Form mixture into golf ball size pieces and place on a shallow baking tray. Put in oven on shelf below chicken and potatoes.
12. Drain carrots after they have boiled for 15 minutes. Put stock into measuring jug. Place carrots in a bowl and cover.
13. After $1\frac{1}{2}$ hours remove chicken from oven - put on a plate - cover with foil - allow to rest.
14. Turn over potatoes & stuffing balls - drain off any remaining oil.
15. Put vegetable stock into large saucepan, bring to the boil, add greens and boil for 10 minutes, drain and serve.
16. Put small saucepan with chicken stock on to boil, add gravy mix to stock according to manufacturer's instructions.
17. Serve.

Scone Mix

(This recipe makes enough scones to finish your cobbler and will make approximately 8 fruit scones as well)

Equipment:

Scales	Butter knife and fork
Large mixing bowl	Measuring jug
Rolling pin	Pastry cutter (round)
Pastry brush	Whisk

Ingredients:

1lb Self-raising flour	4oz margarine
2 eggs	Half a pint of milk
Pinch of salt	

1. Place the flour, salt and margarine into the mixing bowl and with your fingertips, rub the fat into the flour to blend the ingredients together. This task should only take a few minutes to complete and when you have finished there should be no visible lumps of margarine in the bowl.
2. Break the eggs into a measuring jug and whisk.
3. Add enough milk to top up the measuring jug to make half pint of liquid.
4. Pour most of the liquid ingredients into the mixing bowl with the dry ingredients and with a cutlery knife blend the two together to form a ball. Leave a bit of the liquid to 'paint' the tops of your cobbler and also the tops of your scones.

5. Split the scone mix into two and put half aside for making scones.
6. Put a handful of flour onto a clean work surface, also dust your rolling pin and pastry cutter as well, to make sure that the scone mix doesn't stick to them.
7. Roll out your scone mix to about 1cm thick and cut out as many 'rounds' as you can. Scrunch up any remaining pieces into a ball and repeat until you have used up all of your mixture.
8. Place the 'rounds' on top of your mince and veg mixture to cover it and brush with some of the remaining egg and milk mixture.
9. Place the cobbler into a hot oven Gas mk 7 for 20 mins.
10. Serve with fresh greens and potatoes.

FRUIT SCONES

1. Add a large handful of sultanas to the ready-made scone mix which had been put aside earlier and blend thoroughly.
2. Roll out your scone mix to about 1cm thick and cut out as many 'rounds' as you can. Scrunch up any remaining pieces into a ball and repeat until you have used up all of the mixture.
3. Place the scones on a greased baking tray and brush with the remaining egg and milk mixture.
4. Bake in a hot oven, gas mark 7 for 15mins.
5. Remove from the oven and allow to cool on a wire cooling rack.

Short Crust Pastry

(This recipe will make enough for 1 plate pie, top and bottom, or 1 dozen mince pies)

Equipment:

Mixing bowl
Butter knife
Scales
Rolling Pin

Ingredients:

8oz plain flour
2 oz baking margarine
2oz lard
Pinch of salt and water to bind it all together
Egg
Cold water

1. Put flour, margarine, lard and salt into the mixing bowl and with your fingertips, rub the fat into the flour until all of the mix resembles breadcrumbs.
2. Using a butter knife to do the mixing, slowly add cold water, a little bit at a time, to the mix, until the mixture starts to combine into a ball.

NOTE: Do not add too much water or the mixture will become too wet and sticky and impossible to roll out.

3. Place the solid ball of pastry onto a work surface sprinkled with flour and cut in half.
4. Using a rolling pin, roll out one half of the pastry into a circle just large enough to fit the pie plate and trim off any excess that may be hanging over the side of the plate.
5. Add the cooled pie filling and brush the edges of the pastry with some cold water which will allow the pastry on the top and the bottom of the pie to seal together.
6. Roll out the remaining half of the pastry into a circle to fit the top of the pie.
7. Gently squeeze the edges to make a seal between the top and the bottom and crimp.
8. Brush with beaten egg and place in a hot oven, gas mark 7, for 20/25mins
9. Remove from the oven, allow to cool and serve immediately.

Spicy Chicken Strips

Equipment:

Chopping board
Metal dessert spoon
Sharp knife
Large plate
Frying pan
Slice

Ingredients:

1 large chicken breast
1 teaspoon paprika
1 teaspoon turmeric
Half teaspoon chilli powder
Salt and pepper
1 tablespoon of plain flour
1 teaspoon vegetable oil
1 tablespoon of oyster sauce

1. Place the flour, spices and seasoning onto the large plate and stir with a metal dessert spoon until thoroughly mixed.
2. Slice the chicken breast into very thin strips, add the oyster sauce to the chicken strips, rubbing it in thoroughly.
3. One by one add the strips of chicken breast to the seasoned flour/spice mix and make sure that each one is

thoroughly coated on every surface. Do not be tempted to put all of the chicken strips into the mix at once as it will become very claggy and sticky.

4. Put the oil into the frying pan and place on a high heat, but do not allow the oil to become smoky or burn.
5. One by one add the coated chicken strips to the hot oil until you have filled the frying pan. Allow plenty of room between the spice coated chicken strips so that you can turn them over. Do not allow them to overlap.
6. Cook for about 5mins on each side, then drain and serve either with a fresh salad or in pitta breads with salad, dressing and cheese etc.

Spring Rolls

(makes approx. 10 spring rolls)

Equipment:

Chip pan/wok	shallow frying pan/wok
chopping board	sharp knife
wooden spoon	pastry brush
wire cooling rack	kitchen towel
fork to whisk the egg white	

Ingredients:

1 pk of frozen spring roll wrappers (50 cost about £1.50)

Half an onion	Half a carrot
Half a stick of celery	2 cabbage leaves
A small chunk of sweet potato	1 clove garlic
1 tin beansprouts	teaspoon cumin
Teaspoon Chinese five spice	the white of one egg
1 tablespoon of veg oil	salt and pepper
1 tablespoon oyster sauce (optional)	

1. Take the frozen spring roll wrappers out of their packaging and wrap them in a clean damp tea towel to defrost. This should take a couple of hours or more, but do not rush the defrosting as the wrappers are very brittle when frozen.

2. Wash, peel and very finely slice all of the veg into very, very thin strips.
3. Place the tablespoon of oil into a frying pan or a wok and heat.
4. Just before the oil begins to smoke, add the veg and stir vigorously to coat it in the hot oil, then turn the heat right down to its lowest.
5. Add the Chinese five spice, the cumin, salt and pepper and oyster sauce and raise the heat again, stirring continuously for about 4/5 mins, do not allow to burn. Because everything is chopped really fine, it will all cook very quickly. Turn off the heat and allow the veg to completely cool.
6. Line up 10 of the square spring roll wrappers on the work surface in front of you, with one of the four pointy corners of each square wrapper facing you.
7. Break an egg into your hand and allow the white to dribble through your fingers and into a mug below, retaining both, but separating the yolk from the white.
8. Whisk the egg white for a minute or less to break it up a bit and make it easier to 'paint' onto the spring rolls.
9. With a pastry brush, coat the spring roll wrappers with the beaten egg white. This will make it easier to stick them together when they are filled.

10. Still with one of the corners of the square spring roll wrappers pointing toward you, share the cooled veg mixture between the ten wrappers, placing a small amount in a sausage shape across the centre of the wrapper. Do not overfill.
11. Lift up the corner facing towards you and wrap it over the sausage shaped vegetable filling. Pull the side corners over to meet the bottom of the wrap and then continue to roll until you have a sealed spring roll.
12. Continue in the same manner with all of the spring rolls, and set aside.
13. Place the chip pan/ wok, half filled with veg oil onto the heat, but do not allow it to get too hot and smoky.
14. Gently and very carefully add the spring rolls to the chip pan basket and immerse the whole into the hot fat within the chip pan. If using a wok be very careful not to splash the hot fat.
15. Cook the spring rolls for about 4/5 minutes in the hot oil, turning regularly to ensure that each side has been fully submersed.
16. When the spring rolls are a golden brown colour they are cooked enough. Remove the spring rolls from the hot fat and place on a wire cooling rack with kitchen towel underneath to catch any dribbling fat.

Serve immediately.

Steak and Kidney Pie Filling

Equipment:

Chopping board

Sharp knife

Large saucepan

Wooden spoon

Ingredients:

12oz Stewing beef

4oz pigs kidney

Half an onion

Half a carrot

Stick of celery

1 tablespoon plain flour

Gravy granules/ powder

Oyster sauce -(optional)

Salt n pepper

1. Mix together a tablespoon of plain flour with a pinch of salt and pepper and place on a plate.
2. Put the beef and kidney onto the plate and coat in the seasoned flour, before adding to the saucepan of hot oil.
3. Add the very finely chopped vegetables, oyster sauce and salt and pepper to the pan and stir.

4. Add enough cold water to just cover the contents of the pan, put a lid on it and cook for at least 30mins before adding the gravy granules/ powder to thicken the mixture.
5. Allow to cool, then add to the pie.

NOTE: Do not add the hot pie filling to the uncooked pastry otherwise you'll end up with a soggy bottom to your pie.

Sweet and Sour Sauce



Equipment:

Large saucepan
Wooden spoon
Veg peeler
Sharp knife
Chopping board

Ingredients:

1 Onion
Half a carrot
Clove of garlic
1 tablespoon of vegetable oil
1 tin chopped tomatoes
Half a tube tomato puree
4 tablespoon of vinegar
4 tablespoon golden syrup/honey
2 teaspoon cornflour
Salt and pepper
Oyster sauce (optional)

1. Peel and roughly chop the onion into chunks.
2. Peel and thinly slice the carrot.
3. Peel and finely chop, or crush the garlic.

4. Put the oil into the large saucepan, turn on the heat and add the chopped veg, stirring all of the time. Do not allow the veg to brown or burn as this will dramatically impair the flavour.
5. When the veg has been cooking for about 5 mins add the vinegar, honey, salt and pepper and oyster sauce and cook through for another 5 mins.
6. Add the tinned tomatoes and the tomato puree to the pan and stir thoroughly.
7. Mix the 2 teaspoons of cornflour with a little water in a cup and slowly, stirring all the time, add the cornflour and water mixture to the sauce. This will thicken the sauce and give it a nice, shiny appearance.
8. Next, taste the sauce to see if it is to your taste. If it is too sour add a bit more syrup/honey. If it is a bit too sweet add a little more vinegar and set aside.

Tomato, Ham and Cheese Omelette



Equipment:

Mixing bowl

Whisk

Chopping board

Sharp knife

Frying pan

Slice/spatula

Ingredients:

3 medium eggs

Salt and pepper

2 slices ham

1 ounce cheese

1 tomato

Tablespoon of vegetable oil

1. Pour the veg oil into the frying pan and place on the heat.
2. Wash and slice the tomato and put into the hot frying pan of oil, add a little salt to the sliced tomato.
3. Break the eggs into the mixing bowl, add salt and pepper and whisk vigorously.
4. Roughly chop the ham and add to the frying pan, turn over the tomatoes and pour the whisked eggs over the top of the ham and tomatoes.
5. Grate the cheese over the omelette and fold in half using the slice/ spatula then remove from the pan.
6. Serve with crusty bread and salad.

Turkey Curry

Equipment:

Large saucepan

Sharp knife

Tin opener

Wooden spoon

Chopping board

Ingredients:

3 turkey breast steaks

1 large carrot

1 large onion

1 stick of celery

2 tablespoons vegetable oil

3 teaspoons medium curry powder

1 teaspoon turmeric

1 apple

1 clove garlic

Mixed peppers (optional)

Small handful of raisins/sultanas

Half tube of tomato puree

Tin chopped tomatoes

Salt and pepper

1 teaspoon sugar

1. Wash, peel and roughly chop the carrot, onion and celery and add to large saucepan containing the hot oil and the spices.

2. Stir the veg, oil and the spices to coat everything in the mixture. Do not allow to burn
3. Roughly chop the turkey steaks, add to the pan and stir
4. Roughly chop the apple, garlic and mixed peppers, add to the pan and stir
5. Add the sultanas, half a tube of tomato puree and a tin of chopped tomatoes to the mix then fill your empty chopped tomato tin with cold water, add to the mix and stir well.
6. Add salt, sugar and pepper and cook for at least 30mins, until the veg has softened.
7. The curry is now cooked and ready to eat but it will improve dramatically if left overnight to allow all of the flavours to meld into one another.

Turkey Fricassee

Equipment:

Chopping board	Sharp knife
Cling film	3 large plates
Rolling pin/ heavy implement	1 large saucepan
1 medium saucepan	1 frying pan
Fork for whisking egg.	

Ingredients:

One slice raw turkey breast	Potatoes
Carrots	Seasonal greens
4 mushrooms	1 egg
1 large handful of breadcrumbs	Salt and pepper
2 tablespoon plains flour	1 small teaspoon paprika
1 small teaspoon turmeric	Milk
Butter/margarine/spread	Olive/vegetable oil

1. Wash and chop potatoes, put into a large saucepan with enough cold water just to cover them, add salt and pepper and set aside.
2. Spread 1 tablespoon of plain flour across a large plate, add a pinch of salt and pepper.
3. Spread a large handful of breadcrumbs onto another large plate.

4. Break an egg onto the 3rd large plate and whisk with a fork.
5. Tear off a strip of cling film, about a foot long and place the raw turkey centrally on the cling film. Wash hands after touching raw meat.
6. Sprinkle a small teaspoon of paprika and a small teaspoon of turmeric onto the slice of raw turkey along with a pinch of salt and pepper covering both sides.
7. Fold the cling film over so that the raw meat is totally covered.
8. Bash the meat, still enclosed in cling film, with a rolling pin or similar until doubled in size and very thin.
9. Put potato pan on to boil.
10. Wash and chop carrots.
11. Chop mushrooms into small chunks, place in a small saucepan with a knob of butter, salt and pepper, put on stove. After a few minutes, when the mushrooms have softened add a tablespoon of plain flour stirring until thick then, stirring the pan all the time with a wooden spoon start adding the milk..... just a little bit at a time. Add a tablespoon of oyster sauce (optional)

12. Keep adding a bit of milk at a time until the sauce can take no more. Set aside.
13. Wash/ peel and chop the carrots and add to the pan of potatoes.
14. Wash and chop seasonal greens and add to the pan of veg.
15. Unwrap the cling film and remove the flattened raw turkey. Dip both sides of the raw turkey slice into the plate of plain flour covering every surface, then dip that into the whisked egg to coat both sides. Immediately dip the flour and egg coated meat into the plate of breadcrumbs, patting down the bread crumbs and helping them to stick.
16. Wash hands, set aside.
17. Turn off the veg pan, drain and save all stock for another day.
18. Put large frying pan onto the heat with a splash of oil. When hot, gently add the bread crumbed meat and cook for about 5 mins on each side, until golden brown.
19. Gently reheat mushroom sauce, season to taste, if necessary.

Serve immediately with veg.

Vegetables

LEEKS

Leeks are grown with one third of their height (the whiter root end) buried in the soil and the top (greener end) above the surface. This means that the inner, lower layers of the leek will most probably have muddy grit in between them. This needs to be washed away or the grit will make the vegetable unpleasant to eat.

1. Wash the leeks in cold running water. Slice about half centimetre off the bottom of the leek (root end) and discard.
2. Peel away the outermost leaf and discard, then cut out any damaged or unpleasant looking bits from the remaining leaves. With a very sharp knife, upside down so that the blade side of the knife is pointing upwards, pierce the leek about one third from the root end and draw the knife upwards. the end result is the bottom third of the leek (the end where the root was), is whole and unsliced and the top two thirds of the leek is sliced in half, but still connected at the base.
3. Wash the inside of the leek in cold running water and, starting at the top of the leek, slice it into 1cm thick slices.
4. Half fill a medium saucepan with boiling water from the kettle (or bring to the boil some veg stock from a previous

meal) and season with a pinch of salt and a twist or two of black pepper, put on a high heat.

5. As soon as the water/ stock has returned to the boil put the leeks in the pan, cover with a lid and boil for 10/15mins.
6. Remove from the heat and strain through a sieve or colander. Keep any stock for use in other meals.
7. Leeks can hold a lot of water/ stock within their layers, so after straining as much of the liquid out as possible, leave them standing in the pan for a few minutes and strain again to remove even more water/stock.

Lightly season with salt and pepper and serve immediately

Vegetables

**PURPLE SPROUTING BROCCOLI.....BROCCOLI.....
CALABRESE.....WHITE SPROUTING BROCCOLI**

The large green heads of broccoli are available in the shops all the year 'round, but are only available fresh from your garden during mid/late summer. Although the grocers call them Broccoli they are really called Calabrese and are grown either in much warmer climes or commercially, in heated greenhouses in Holland.

The true Broccoli is only available from some greengrocers and supermarkets for a 6 week period during April/May, just as it is in your own garden and is normally called Purple (or white) sprouting broccoli

1. If picked fresh from your garden (and purple or white sprouting broccoli do make quite attractive plants in the spring), all they need is a quick wash under a cold tap.
2. If bought from a shop they will need a bit more preparation as the base of the stem will have dried out from being cut at the farm before being transported to the shops for sale. If your broccoli has been bought from a shop, cut half cm from the base, just above the previous farmers cut and wash thoroughly.

3. Half fill a saucepan with stock or boiling, seasoned water from the kettle and bring back to the boil before adding the broccoli stems.
4. Boil for about 10mins, strain, allow to stand for a few mins then strain again.
5. Add a knob of butter. a little bit more seasoning and serve immediately.

The year 'round, shop bought calabrese/broccoli is cooked in exactly the same manner once the large head has been separated into smaller florets.

Vegetables

COURGETTES

Courgettes are available in the shops all the year 'round but are freshest and tastiest during the summer months from July to September. If grown in your garden, they are quite a large plant, about 3ft in diameter but they can each produce 10/15 courgettes during their very brief season. When harvesting your courgettes always leave at least one fruit on the plant so that it can mature and produce new fruits. If you were to pick all of the fruits it will stop producing any more.

1. Wash your courgette under cold running water, dry thoroughly and remove both ends.
2. Slice the courgette about a cm thick and place in a hot frying pan with a tablespoon of olive/vegetable oil.
3. Sprinkle the uppermost surface with salt and black pepper and add a whole, crushed garlic clove to the pan.
4. After a few mins carefully turn over all of the slices of courgette and lightly season again.
5. After a couple of minutes cooking on the other side, turn over again and repeat the process, Then after discarding the garlic clove, serve the courgettes immediately.

Vegetables



RUNNER BEANS

Runner beans are only available in the shops during the summer months between July/September, the same time as you would harvest them in your own garden. They make very attractive climbing plants and grow best when climbing a decorative wigwam in rich, well watered soil. They are best picked young and immature, about 5 inch long at the most. They should also be free from the bulges caused by the swelling beans as they begin to ripen.

1. Cut in half lengthways and then slice them into very thin strips, as thin as you can cut them.
2. Half fill a medium saucepan with boiling water from the kettle and season, or boil up some leftover stock in the pan.
3. Add the sliced beans and bring back to the boil.
4. Boil for ten mins strain, allow to settle, then strain again, reserving any stock for your next meal.
5. Season with salt and white pepper then serve immediately.

Vegetables

CARROT AND SWEDE

Carrots and swedes are available all year 'round from the shops but are best harvested from your garden during the late summer, August/October. Carrots and swedes contain a lot of natural sugars which quickly turn into natural starches very soon after harvesting, so if you were to grow your own and carried them quickly to the pan, they would taste so much nicer.

1. Wash and peel two large carrots and half of a medium sized swede. Cut into small 1cm cubes and place into a medium sized saucepan of cold water, seasoned with salt and black pepper.
2. Bring to the boil and continue to simmer for about 20mins, or until the cubes of carrot and swede squash easily when pressed with a fork.
3. Strain the stock from the pan and reserve it for use in your next meal, set the pan aside for a few minutes then repeat to remove as much of the liquid as possible.
4. Add a knob of butter and a sprinkle of white pepper and mash it all into a rough pulp with a potato masher.
5. Serve immediately.

Vegetables

QUICK ROAST POTATOES AND ONIONS

This recipe makes a quick and easy accompaniment to almost any meal. The taste doesn't improve at all if you use home-grown vegetables so it isn't all that important to grow your own for this meal.

1. Wash, peel and chop three large potatoes into 1cm cubes, then wash them again to remove the starch on the newly exposed cut surfaces.
2. Peel and slice the onions thinly.
3. Place a roasting tin into a very hot oven with a couple of tablespoons of vegetable oil and when it is smoking hot, add the potato and onion.
4. Season with salt and black pepper and turn every 5/10 mins for about 20/25 mins until golden brown and crispy.
5. Drain the vegetable oil from the tray and reserve for future use.
6. Serve the potato and onion immediately.

Victoria Sandwich

Ingredients

8 oz self-raising flour
8oz baking margarine
3oz Icing sugar
3 tablespoons jam

8 oz caster sugar
4 eggs
1 $\frac{1}{2}$ oz butter

Utensils

Mixing bowl
Scales
2x Victoria sandwich tins

Wooden spoon
Tablespoon

Method

1. Place the sugar and the baking margarine into the mixing bowl and vigorously mix with a wooden spoon until the mixture is soft and creamy
2. Add approximately a quarter of the flour and one egg and gently fold into the mixture with the wooden spoon
3. Continue adding another quarter of the flour (approximately) and another egg until all of the flour and eggs are used up
4. Heat the oven to gas mark 4

5. With a knob of baking margarine, thoroughly grease the inside of the sandwich tins
6. Place a tablespoon of self-raising flour into one of the tins, then shake the tin to coat the sides and base of the tin with the flour. Repeat with the other sandwich tin so that both tins have a coating of margarine and flour
7. Gently put half of the mixture in each tin and place in the centre of the warm oven for 20/25 mins
8. When cooked, carefully remove from oven, then carefully remove the cakes from the tins and leave to cool on a wire cooling rack
9. Put the icing sugar and the butter into a mixing bowl and beat vigorously with a wooden spoon until soft and creamy
10. Spread the jam on top of one of the cooled cakes and top with the butter cream mixture.
11. Put the other cake on top to sandwich the jam and butter cream and gently dust the top of the cake with a sprinkling of icing sugar

Yorkshire Pudding

Equipment:

4 ounce plain flour
Pinch of salt
1 large egg
Half pint of milk
Lard/oil

Ingredients:

Mixing bowl
Whisk
Measuring jug
Yorkshire pudding tray
Wire cooling rack

1. Place the flour and the salt into the mixing bowl
2. Slowly add half of the milk, vigorously whisking as you pour
3. Add the egg and whisk again
4. Slowly add the rest of the milk whisking as you pour then put the mixture into the fridge for ten mins to really cool down

5. Place a small piece of lard or oil (about the size of a pea) into each compartment of the Yorkshire pudding tray and put in the top of a very hot oven
6. Remove the tray when it is smoking hot and immediately pour the batter mixture from the fridge into the hot tray.
7. Quickly return to the oven gas mark 8 for about 30 mins or until brown and crispy on the top
8. Do not open the door quickly as the sudden rush of cold air may cause your puddings to sink and lose their shape and only open the oven door when you really have to
9. When the Yorkshire puddings are cooked, remove from the tray and place on a wire cooling rack. This will stop the bases from sweating and going soggy

Notes:

Notes:

Notes:

Oven Temperature Conversion Chart

Gas Mark	° Celsius	° Celsius Fan	° Fahrenheit
¼	110°C	100°C	225°F
½	130°C	120°C	250°F
1	140°C	130°C	275°F
2	150°C	140°C	300°F
3	170°C	155°C	325°F
4	180°C	165°C	350°F
5	190°C	180°C	375°F
6	200°C	190°C	400°F
7	220°C	200°C	425°F
8	230°C	210°C	450°F
9	240°C	220°C	475°F