

## PRIMAVERA SALAD

Learning Intentions - use of seasonal ingredients, 5 a day, reduce saturated fats  
Learning/consolidation of skills – consolidation of knife safety and cutting techniques

### **Ingredients**

|                                         |                                     |
|-----------------------------------------|-------------------------------------|
| *1 pepper                               | *2 plastic dishes                   |
| * $\frac{1}{4}$ cucumber                |                                     |
| *2 radishes/1 small carrot              | Dressing                            |
| *2-3 spring onions/ $\frac{1}{4}$ onion | 15 ml olive oil                     |
| *4 baby tomatoes/ 1 large tomato        | 5 ml lemon juice                    |
| 25 g peas                               | pinch dried mint (2/3 fresh leaves) |

### **Method**

1. **Wash** all vegetables and pat dry with paper towel.
2. **Half, core** and **deseed** pepper. **Slice** pepper and place in large bowl.
3. **Cut** 2 cucumber slices and reserve for garnish. **Cut** the cucumber into slices or matchsticks. Add to the bowl.
4. **Slice** or **wedge** radishes and add to bowl.
5. **Remove** the outer leaf from the spring onion and **cut** off the root. **Rewash** and **cut** the spring onion into diamond shapes. Add to bowl.
6. **Cut** baby tomatoes into quarters and add to bowl.
7. Add peas and mix well. Transfer to box and garnish. **Refrigerate** until required
8. Combine dressing ingredients in small bowl and place in second box. **Refrigerate** until required

**Cool and refrigerate until required**

Serve salad as required, drizzle over dressing to taste.

## NEW POTATO SALAD

Learning Intentions - use of seasonal ingredients, use of starch carbohydrate/potatoes  
Learning/consolidation of skills – measuring, dicing, slicing,  
Learning/consolidation of processes - boiling

### **Ingredients**

\*300 g new potatoes  
45 ml natural yogurt  
Pinch of garlic powder (optional)  
2.5 ml dried mint  
25 g Edam cheese  
\*½ pepper  
\*2 spring onions / ¼ onion

\*plastic box

### **Method**

- 1 ½ fill a pan with water and bring to the **boil**.
- 2 **Wash** potatoes and **add** to the boiling water, **boil** (with lid on pan) for 15 minutes or until potatoes are cooked.
- 3 Place the natural yogurt, garlic and mint in a large bowl. Mix well.
- 4 **Dice** cheese and pepper. (Reserve some diced pepper for garnishing)
- 5 Diagonally **slice** spring onions. Add to the large bowl and mix.
- 6 **Drain** the cooked potatoes, **cut** into bit sized pieces and **add** to bowl. **Mix** well.
- 7 **Place** in a serving bowl and garnish with reserved pepper.

Can be served warm or cold.

**Cool and refrigerate until required**

## FRUIT MUFFINS

Learning Intentions - Use of starchy carbohydrates, importance of breakfast

Learning/consolidation of skills – weighing, measuring, rubbing in

Learning/consolidation of processes - baking

### ***Ingredients***

175 g self-raising flour

5 ml baking powder

\*75 g fruit

25 g sugar

**1 egg**

20 ml oil

100 ml milk

\*plastic box

\* 10 cake cases

### ***Method***

1. **Set oven** to 200°C, Gas mark 6. Place 10 cake cases in the bun tray.
2. Measure flour and baking powder, sieve into a large bowl.
3. Add sugar and fruit to the bowl.
4. Measure the milk into a measuring jug, add the oil and **egg**. **Mix** with a fork.
5. **Add** the liquid to the flour mixture and **stir** with a wooden spoon until blended.

### **DO NOT OVER MIX**

6. **Spoon** mixture evenly into the paper cases.
7. **Bake** for 20-25 minutes until muffins are golden-brown, well risen and firm to touch.
8. **Place** on wire tray to cool.

## FASTA PASTA

Learning Intentions - peer assessment of safety and hygiene increase use of carbohydrates/pasta,

Learning/consolidation of skills – judgement of pasta cooking/al dente, vegetable preparation

Learning/consolidation of processes – rapid boiling, shallow frying

### **Ingredients**

\*75 g mushrooms/onion

100 g spaghetti

\*2 cloves garlic (optional)

50 g sweet corn

\*1 pepper

15 ml vegetable oil

Pinch dried basil

5 g Parmesan cheese

Fresh ground black pepper

\* plastic box

### **Method**

1. **Boil** kettle and  $\frac{1}{2}$  **fill** large pan with **boiling water**.
2. **Wash** and **slice** mushrooms/onions.
3. **Add** pasta to **boiling water**. **Boil** (with no lid) for approximately 12 minutes until just soft (al dente). **Test** and **drain** pasta.
4. Peel and **chop** garlic cloves.
5. **Wash, deseed** and **chop** pepper.
6. **Heat oil** in a pan, **fry** mushrooms, sweet corn, pepper and garlic for five minutes.
7. **Add** pasta to frying pan, **stir** in basil and **heat** thoroughly.
8. **Taste** and season with pepper as required.
9. **Serve** sprinkled with cheese.

**Cool and refrigerate until required**

**Reheat by microwaving for 2 minutes on high.**

## OAT SCONES

Learning Intentions – importance of oats in the Scottish diet, cholesterol reduction  
Learning/consolidation of skills – judgement of baking, handling of dough and shaping.  
Learning/consolidation of processes – baking

### **Ingredients**

150 g self raising flour  
50 g oatmeal  
2.5 ml baking powder  
25 g marg  
25 g sugar  
\*50 g sultanas (optional)  
100 ml milk  
beaten **egg** to glaze

\*plastic box

### **Method**

1. **Set oven** to 230°C or Gas Mark 8. Lightly flour baking tray.
2. Sieve self raising flour into bowl, add the oatmeal and mix.
3. Cut up marg and add to flour. **Rub together** until mixture looks like fine breadcrumbs.
4. Add sugar and sultanas, mix with a round bladed knife.
5.  $\frac{3}{4}$  of milk and mix well with the a knife pressing the dough together.
6. Add milk as required to give an elastic dough.
7. Sprinkle flour onto the work surface. Place dough on the floured surface and knead lightly.
8. Flatten ball gently with hand until approx 2.5 cms thick.
9. Cut the dough into 8 equal triangles, place on the floured tray and **brush with egg**.
10. **Place in oven** and **bake** for 15 mins until well risen and golden brown.
11. **Remove from oven** and **test** for readiness.
12. **Lift carefully off baking tray** and place on wire tray till cool.

## STUFFED PEPPER WITH YOGHURT AND MINT DIP

Learning Intentions - increase use of carbohydrates/couscous, contribution towards 5 a day (fruit & veg)

Learning/consolidation of skills – weighing/measuring, rehydration of couscous, fine chopping skills

Learning/consolidation of processes - baking

### **Ingredients**

\*1 pepper  
\*1 lemon  
\*25g g sultanas/raisins  
\*clove of garlic (optional)  
\*4-5 fresh parsley leaves (optional)  
50 ml boiling water  
50 g couscous  
Ground black pepper  
1 ml dried mint  
45 ml natural yoghurt

\*plastic box

### **Method**

1. **Set oven** to 220°C, Gas mark 6.
2. Zest the lemon, half lemon and juice, place zest and juice in a bowl with couscous.
3. **Add boiling water** to couscous in the bowl, leave for 5 mins or the liquid has been absorbed. **Stir** in ground pepper and dried fruit.
4. **Wash, half** and **deseed** pepper as shown by teacher.
5. **Finely chop** the garlic and parsley, add to couscous and mix well.
6. Fill pepper halves with the couscous mixture and **bake** for approximately 15 minutes.
7. Mix the mint and yoghurt together. **Serve** with drizzled over the pepper.

**Cool and refrigerate until required**

**Reheat by microwaving for 2 minutes on high.**

## **BOMBAY POTATO**

Learning Intentions - increase use of carbohydrates/potatoes, contribution towards 5 a day (veg), use of natural seasoning (reduction of salt)

Learning/consolidation of skills – peeling, dicing, testing potato for readiness

Learning/consolidation of processes – shallow frying, simmering

### ***Ingredients***

\*250 g new potatoes

\* plastic box

\*1 small onion

\*1 clove garlic (optional)

50 ml chopped tomatoes and juice

2.5ml dried ginger

2.5ml garam masala

10ml oil

100ml water

### ***Method***

1. Half fill a pan with water and bring to the **boil**. **Wash** and **dice** potatoes. **Add** to pan and boil for 10-15 mins.
2. **Wash, peel** and finely **chop** onion.
3. **Crush** garlic clove.
4. Collect tomatoes, ginger and garam masala.
5. **Heat oil** in a small pan **add** onion. **Fry** gently till soft but not brown.
6. **Add** tomatoes, garlic, ginger and water, **stir** well. **Bring to the boil**.
7. **Drain** potatoes and **add** to the tomato sauce.
8. Reduce heat and **simmer** for 5-10 minutes until potatoes have absorbed the flavours. **Stir** occasionally.
9. **Taste**, adjust seasoning and **serve**.

**Cool and refrigerate until required**

**Reheat by microwaving for 2 minutes on high.**

## PAELLA

Learning Intentions - increase use of carbohydrates/rice, contribution towards 5 a day (veg), promotion of fish in the diet

Learning/consolidation of skills - judgement of rice cookery, peel, chop

Learning/consolidation of processes – shallow frying, simmering

### ***Ingredients***

\*1 small onion

\*1 small pepper

100 g long grain rice

15 ml vegetable oil

175 ml chicken stock

1.25 ml turmeric

Pinch mixed herbs

25 g frozen peas

\*50 g tuna fish

\* plastic box

### ***Method***

- 1 **Peel** and **chop** the onion. **Chop** pepper.
- 2 **Heat oil** in medium saucepan and **fry** onion for 2-3 mins.
- 3 **Add** rice, peas, pepper, chicken stock, turmeric and mixed herbs, bring to the **boil**.
- 4 **Reduce** the heat, **cover** and **simmer** for 20 mins, until the liquid is absorbed. (**Stirring** occasionally)
- 5 Flake the tuna and add to the rice mixture and heat thoroughly.
- 6 **Arrange** the paella in a serving dish and garnish with tomato, parsley or lemon.

**Cool and refrigerate until required**

**Reheat by baking in a hot oven for 10-15 mins.**



## RISOTTO MILANESE

Learning Intentions - increase use of carbohydrates/rice, contribution towards 5 a day (veg), reduction of sodium

Learning/consolidation of skills – weighing/measuring, vegetable preparation, judgement of rice cookery, heat control

Learning/consolidation of processes – shallow frying, simmering

### **Ingredients**

\*1 onion

\* plastic box

\*1 clove garlic (optional)

\*4 mushrooms / 1 pepper

15ml vegetable oil

400ml vegetable stock

100g Arborio rice

5g Parmesan cheese

ground black pepper

### **Method**

1. **Wash** and finely **chop** onion, **crush** garlic and **slice** mushrooms. **Boil** kettle.
2. **Heat oil** in a pan. Gently **fry** the onion and garlic till soft but not browned.
3. **Add** the mushrooms/pepper and **cook** for two minutes.
4. **Make** stock in measuring jug, using 2.5ml spoon vegetable stock and 400ml **boiling water**.
5. **Add** the rice to the onion and garlic and **stir** with a wooden spoon until all the rice grains are coated with oil.
6. **Add** ½ the stock, stir well. Simmer gently with lid on until all the stock is absorbed.
7. **Add** remaining stock and continue to simmer till all stock is absorbed.
8. **Test** the rice by **tasting** the grain. It is cooked if it is tender but with a 'bite'. Soggy rice is overcooked.
9. **Add** the parmesan cheese. Stand for five minutes. **Taste** and season.
10. **Transfer** to container, garnish and serve.

**Cool and refrigerate until required**

**Reheat by microwaving for 2 minutes on high.**

## **BROCCOLI AND BACON NOODLES**

Learning Intentions - increase use of carbohydrates/rice, contribution towards 5 a day (veg), reduction of sodium

Learning/consolidation of skills – weighing/measuring, vegetable preparation, judgement of readiness (noodles)

Learning/consolidation of processes – shallow frying, simmering

### ***Ingredients***

50 g noodles  
1 slice smoked bacon  
\*100 g broccoli  
\*1 clove garlic (optional)  
\*3 spring onions  
15 ml oil  
25 g peas

\* plastic box

### ***Method***

11. **Boil kettle and half fill pan. Add noodles** and cook for 4 mins, **drain.**
12. **Remove fat from bacon and chop finely.**
13. **Prepare vegetables:**
  - Broccoli – cut into florets
  - Garlic – peel and finely chop
  - Spring onions – peel and cut finely
14. **Heat** oil in saucepan, **fry** bacon.
15. **Add** the garlic, spring onion and broccoli, fry for 2-3 mins.
16. **Add** noodles, peas and 15mls water. Cover pan with lid and cook over a low heat for 4 mins.
17. **Test** the broccoli - if tender serve.

**Cool and refrigerate until required**  
**Reheat by microwaving for 2 minutes on high.**

## SICILIAN RUSTIC BREAD

Learning Intentions - increase use of carbohydrates/bread

Learning/consolidation of skills – weighing/measuring, kneading, shaping

Learning/consolidation of processes - baking

### **Ingredients**

125 g strong bread flour

\*plastic box

2.5 ml dried yeast

pinch of salt

7.5 ml olive oil

100 ml water

### **Method**

1. **Set oven** to 220 °C, Gas mark 7.
2. Sieve flour into a large bowl add the yeast and salt. Mix together.
3. Add the olive oil and mix.
4. Gradually add the water a little at a time, mixing well after each addition, until soft dough is formed.
5. Lightly flour the work surface and **knead** the bread for 3-4 minutes. (It should feel silky and bouncy.)
6. **Cut** the dough into 4 equal pieces and roll each out to form a rough circle 16-17 cms in diameter.
7. Place the bread on tray and leave to rest for 5 minutes.
8. Drizzle with a little olive oil and scatter over herbs. (Optional)
9. **Bake** the breads for 8-10 minutes till golden and bubbled.

Best eaten immediately but can be reheated in toaster if wished or eaten cold.

## CHILLI CON CARNE

Learning Intentions - reduced salt, 5 a day (fruit and veg), teacher assessment of organisation, hygiene and safety

Learning/consolidation of skills – weighing and measuring, chopping, heat control

Learning/consolidation of processes – dry frying/browning, stewing

### **Ingredients**

\*1 small onion  
\*1 small pepper  
\*2 cloves garlic (optional)  
15 ml spoon tomato puree  
100 ml boiling water  
**100 g mince**  
1.25 ml spoon cumin  
1.25 ml spoon hot chilli powder  
50 g drained kidney beans

\* plastic box

### **Method**

1. **Peel** and **chop** the onion and garlic. **Chop** pepper.
2. Place the tomato puree in a measuring jug **add** 100ml of **boiling water**.
3. **Brown** the **mince** in a medium saucepan.
4. **Add** the onion, garlic and pepper, cook for 2-3 mins.
5. **Add** the cumin and chilli powder. **Cook** for a further 2 mins.
6. **Add** the tomato liquid to the pan and **stew** gently for 15 mins with lid on pan.
7. **Add** the drained and rinsed kidney beans to pan and **cook** for 5 mins.
8. **Serve**.

**Cool and refrigerate until required**

**Reheat by baking in a hot oven for 10-15 mins.**

## VEGETABLE AND RICE SOUP

Learning Intentions - increase use of carbohydrates/rice, contribution towards 5 a day (veg), reduction of sodium

Learning/consolidation of skills – weighing/measuring, vegetable preparation, judgement of rice cookery, heat control

Learning/consolidation of processes – shallow frying, simmering

### ***Ingredients***

\*1 onion or 3 spring onions

\*1 carrot

\*1 stick celery or 50 g broccoli or 50 g cauliflower

25 g sweet corn

15 ml oil

700 ml chicken or vegetable stock

½ tsp. mixed herbs

25 g rice

### ***Method***

1. **Peel** and finely **dice** the onion and carrot.
2. **Top and tail** the celery, **slice** finely. Break broccoli/cauliflower into small florets.
3. **Heat** the oil in a large pan, **fry** the onion and carrot for 2-3 minutes.
4. **Add** remaining vegetables, stock and herbs, bring to the **boil**.
5. Rinse rice and **add** to pan.
6. Cover the pan and reduce heat, **simmer** for 15-20 mins.
7. **Taste**, season as required and **serve**.

**Cool and refrigerate until required**

**Reheat by returning to a pan and bringing to the boil for 5 mins**

## TRUFFLES

Learning Intentions – reinforcing hygiene, use of high risk foods

Learning/consolidation of skills – hygiene and safety, weighing, measuring, shaping

Learning/consolidation of processes – melting

### ***Ingredients***

\*12 digestive biscuits

25 g cocoa

30 ml coconut

\* ½ tin condensed milk

25 g marg

chocolate vermicelli

\*petit four cases

### ***Method***

1. Place 4 biscuits on a brown chopping board, use rolling pin to roll until fine crumbs
2. Place biscuit crumbs in a large bowl with cocoa, coconut and condensed milk.
3. Melt marg, add to the bowl and mix well.
4. **Roll mix between palms into walnut sized balls.**
5. **Roll in vermicelli and place in petit four cases.**
6. **Refrigerate** until required.

**These are a high risk food and must be store in the fridge.**

## **CHOW MEIN**

Learning Intentions - increase use of carbohydrates/noodles, contribution towards 5 a day (veg)

Learning/consolidation of skills - judgement of readiness (noodles), dice, slice, vegetable preparation, seasoning using herbs

Learning/consolidation of processes – boiling, stir-frying

### ***Ingredients***

1/2 portion chicken  
\*1 onion  
\*1 clove garlic  
\*1 pepper  
\*1 carrot  
75 g egg noodles  
15 ml oil  
1 ml ground ginger  
15 ml soy sauce  
15 ml water

\*plastic box

### ***Method***

1. Thinly cut chicken into thin strips.
2. Peel and finely dice onion and garlic.
3. Deseed pepper and cut into thin strips, peel and cut carrot into small sticks.
4. Bring a pan of water to the boil, add noodles and cook for 4 minutes.
5. Drain noodles when ready.
6. Heat oil in frying pan. Add onion, garlic and ginger stir-fry for 2-3 mins.
7. Add chicken and stir-fry for further 3 mins.
8. Add pepper and carrot to pan and cook for 3-5 mins.
9. Add remaining ingredients and cook for 2 mins.
10. Taste and adjust seasoning. Serve with noodles.

**Cool and refrigerate until required**  
**Reheat by microwaving for 2 minutes on high.**

## VEGETABLE CHILLI

Learning Intentions - reduced salt, 5 a day (fruit and veg)  
Learning/consolidation of skills – weighing and measuring, chopping,  
Learning/consolidation of processes – stewing

### **Ingredients**

\*1 small onion  
\*1 small pepper  
\*1 carrot  
\* stick of celery  
\*2 cloves garlic (optional)  
15 ml spoon tomato puree  
100ml boiling water  
15ml oil  
1.25ml spoon cumin  
1.25ml spoon chilli powder  
50g drained kidney beans

\* plastic box

### **Method**

1. **Peel** and **chop** the onion, carrot and garlic. **Chop** pepper and celery.
2. Place the tomato puree in a measuring jug **add** 100ml of **boiling water**.
3. **Heat oil** in pan, fry onions and garlic for 2 mins.
4. **Add** the remaining vegetables, cook for 2 mins.
5. **Add** the cumin and chilli powder. **Cook** for a further 2 mins.
6. **Add** the tomato liquid to the pan and **stew** gently for 15 mins with lid on pan.
7. **Add** the drained and rinsed kidney beans to pan and **cook** for 5 mins.
8. **Serve**.

**Cool and refrigerate until required**  
**Reheat by baking in a hot oven for 10-15 mins.**



## **RHUBARB CRUMBLE MUFFINS**

Learning Intentions - Use of starchy carbohydrates, importance of breakfast

Learning/consolidation of skills – weighing, measuring, rubbing in

Learning/consolidation of processes - baking

### ***Ingredients***

75 g caster sugar

\*75 g rhubarb or 1 cooking apple

15 mls oil

1 egg

2.5 ml vanilla essence

30 ml milk

100 g self raising flour

2.5 ml baking powder

\*plastic box + 10 paper cases

### **TOPPING**

25 g brown sugar

25 g plain flour

20 g porridge oats

2.5 ml cinnamon

25 g marg

### ***Method***

1. **Set oven** to 220°C, Gas mark 7. Place 10 cake cases in the bun tray.
2. Place caster sugar in large bowl.
3. Wash and chop rhubarb (Peel and chop apple), add to large bowl and mix well.
4. Place all the topping ingredients into a bowl and rub together to resemble breadcrumbs. Set aside
5. Add the oil, egg, vanilla essence, and milk to the large bowl and mix well with the fruit and sugar.
6. Sieve the flour and baking powder into the large bowl and fold gently..
7. **Spoon** mixture evenly into the paper cases.
8. Top the muffins evenly with the crumble mix
9. **Bake** for 15 -20 minutes until muffins are golden-brown, well risen and firm to touch.
10. **Place** on wire tray to cool.

## SPICY POACHED PEAR

Learning Intentions - 5 a day (fruit & veg), use of natural sugars, use of natural seasonings  
Learning/consolidation of skills – grating/zesting, peeling, coring  
Learning/consolidation of processes - poaching

### **Ingredients**

\*2 pears  
\*1 orange  
1 ml allspice  
\*25 g dried fruit

\* plastic box

### **Method**

1. **Grate** a small amount of orange zest for decorating the dish.
2. **Half** the orange and juice both halves. Make the juice up to 100 ml with cold water.
3. **Peel, half** and **core** the pears.
4. Place the pears in a pan with all the other ingredients.
5. **Heat gently** bring to the **boil**, turn the heat down and **poach** for 5-10 minutes until the pears are tender. (The cooking liquid should not bubble)
6. **Serve** with cooking liquid (syrup) hot or cold and decorate with the orange zest.

**Cool and refrigerate until required**  
**Reheat by microwaving for 2 minutes on high.**

