



# E group recipe book

Autumn term  
September to December

Name: \_\_\_\_\_

Day of practical \_\_\_\_\_

Date of practical \_\_\_\_\_

## Apple Swans

### Ingredients from home

A container

### Ingredients from school

1 apple (red or green)

### Method

To follow the step by step and use knife safety to make an apple swan.

Date of practical \_\_\_\_\_

## Coleslaw

### Ingredients from home

A container

### Ingredients from school

Cabbage

Onion

Carrot

Mayonnaise

### Method

To use a variety of equipment to test out its suitability.

Date of practical \_\_\_\_\_

## Breakfast muffins

Ingredients from home

250g self raising flour

230ml semi skimmed milk

150g additional ingredients: (choose 1 from the list) Finely chopped apples and  $1\frac{1}{2}$  tsp mixed spice, Mixed dried fruit, or a Frozen fruit mix

A container

Ingredients from school

1 heaped 5ml spoon of baking powder

100g caster sugar

1 egg

60ml oil

Method:

1. Preheat oven to 180C.
2. Place all the ingredients in a large glass bowl and mix together to form a smooth mixture.
3. Prepare any additional ingredients and add to the muffin mixture.
4. Mix all the ingredients together until the additional ingredients are evenly mixed.
5. Divide the mixture equally between the cake cases. Remember to add one dessertspoon at a time and then go back round with any extra mixture
6. Bake for 20 - 25 minutes, until golden.
7. Allow to cool on a cooling rack.

Date of practical \_\_\_\_\_

## Pasta or rice salad

### Ingredients from home

100g of chosen source of protein (ham, tuna, egg, cooked chicken, vegetarian alternative)

2 sources of vitamins and minerals (cucumber, tomato, celery, spring onion, radish, sweet corn, peppers)

A suitable container with lid to take the dish home in

### Ingredients from school

100g of chosen carbohydrate (pasta or rice)

2 tbsps dressing or mayonnaise

### Method

Half fill a saucepan of water and add the rice or pasta

Put on a high heat to boil the water

Once boiling, turn the heat down and simmer for 15 minutes

Prepare the vegetables chosen for the salad

Cut into equal sized pieces

Check if the rice or pasta is cooked (teacher demonstration)

Once cooked drain with a colander and then run under a cold tap

Assemble the pasta/rice salad

Date of practical \_\_\_\_\_

# Potato and chickpea curry

## Ingredients from home:

- 1 large potato
- 400g can chopped tomatoes
- 410g chickpeas, canned
- 1 onion

## Ingredients from school

- 1 clove garlic
- 1 x 5ml spoon oil
- 2 x 15ml spoons curry paste
- 300ml water
- 3 handfuls of fresh spinach

## Method

### 1. Prepare the ingredients:

- peel and slice the onion;
- peel and crush the garlic;
- peel and cube the potatoes.
- drain the chickpeas

### 2. Fry the onion and garlic for 2 minutes in the oil.

### 3. Stir in the curry paste, potatoes and water.

### 4. Add the tomatoes and chickpeas, then allow to simmer for 20 minutes, until the potato is tender.

### 5. Stir in the fresh spinach, and allow to cook for a further 2 minutes.

Date of practical \_\_\_\_\_

## Flat bread Pizza

### From home:

300ml low-fat natural yoghurt

1 medium onion

150g mozzarella cheese OR reduced-fat Cheddar cheese

### A container

### From school

300g self-raising flour plus extra for dusting

tomato based pizza topping

1 x 5ml spoon dried basil or mixed herbs

$\frac{1}{2}$  x 5ml spoon chilli flakes

### Pizza dough

1. Sift the flours into the mixing bowl and add the black pepper (if using).
2. Add the yoghurt and stir until well mixed.
3. Tip out onto a clean, floured worktop and knead gently until smooth.
4. Divide the dough into 16 and make into balls.
5. Lightly dust a clean worktop with flour and using a rolling pin roll out each ball to the size of a cup (about  $\frac{1}{2}$ cm thick).
6. Leave to rest for 5 minutes on a floured surface.
7. Heat the frying pan over a medium heat and cook the flatbread pizza bases 2 or 3 at a time until they are crisp and golden. Turn down the heat once they have started cooking.
8. Remove the flatbread pizza base with a fish slice or tongs and place on a baking tray. Repeat with the other bases.
9. Heat the grill to high.
10. Spread 4 x 5ml spoons of the pizza sauce on top of each pizza base, taking care to spread the sauce right to the edge of the base.
11. Tear over some mozzarella cheese or sprinkle with some grated Cheddar.
12. Place the pizzas under the grill until the cheese is bubbling and the pizzas are hot.

Christmas cooking



