



# Fish en Papillote

## Ingredients

2 fish fillets, (any fresh or frozen fish will work)  
1/2 onion, finely sliced  
1 medium tomato, sliced  
1/4 fennel bulb, finely sliced (optional)  
2 tbsp olive oil  
squeeze lemon juice (or slices 2 slices)  
1 tbsp chopped dill  
1 tsp capers (optional)  
salt and freshly ground black pepper



## Method

1. Preheat the oven to 200C/Gas 6.
2. Cut out two squares each of baking paper and silver foil approximately 40cm square. Lay the baking paper on top of the foil.
3. Divide the fennel and onions between the two squares of baking paper, and layer the sliced tomatoes on top of each heap.
4. Place a fish fillet on top of each pile of tomatoes, onion and fennel. Drizzle over some olive oil, a squeeze of lemon juice, the chopped dill and season with salt and freshly ground black pepper. Sprinkle over a few capers, if using.
5. Fold the foil and paper over the fish and double-fold each edge to make a sealed parcel. The parcel should not be too tight, as steam will puff it up in the oven.
6. Place the parcels on a baking tray and bake for 12-14 minutes, or until the fish is just opaque and cooked through.
7. Serve the parcels on each plate so they can be opened at the table.

Variations – experiment with different flavours such as: pesto and fresh basil; chilli, ginger and soy sauce; lime juice, lime zest and coriander. Add different vegetables such as peppers, courgette, spring onion.

# American Muffins

## Ingredients

100g caster sugar  
75g margarine  
1 egg  
200g self-raising flour  
150ml milk



**Preparation** – Set oven 200°C

Place 6 muffin cases into a muffin tray

## Method

1. Sieve flour into a mixing bowl and stir in the sugar.
2. Melt margarine in microwave oven for 20 seconds.
3. Measure milk into a measuring jug, add eggs and add melted butter.
4. Pour mixture into mixing bowl with dry ingredients. Stir with a wooden spoon.
5. Pour mixture back into measuring jug and pour into the prepared muffin cases, filling  $\frac{3}{4}$  full.
6. Bake for approx. 15 – 20 minutes.
7. When cooked, cool on a wire tray.

## HEALTHIER MUFFINS

Add fruits or vegetables. These can be added to wet or dry ingredients.

Replace some of the white flour with wholemeal self-raising flour.

# Spaghetti bolognese

## Ingredients

1 onion  
 1 clove garlic  
 1 carrot  
 1 celery stick  
 1 x 15ml oil  
 250g minced beef  
 400g canned chopped tomatoes  
 1 x 15ml spoon tomato puree  
 100ml water  
 1 x 5ml spoon mixed herbs  
 Black pepper  
 150g spaghetti

## Equipment

Weighing scales, chopping board, knife, garlic press, peeler, 2 saucepans, wooden spoon, measuring spoons, measuring jug, colander.



## Method

1. Prepare the vegetables:;
  - ◆ Peel and crush the garlic;
  - ◆ Peel and slice the carrot;
  - ◆ Finely slice the celery.
  - ◆ Peel and chop the onion
2. Fry the onion, garlic, carrot and celery in the oil until soft, but not brown.
3. Add the meat and cook until the mince is lightly browned.
4. Add the tomatoes, tomato puree, mixed herbs and water and mix all the ingredients together. Season with black pepper.
5. Bring to the boil, then simmer for 20 minutes.
6. Meanwhile place the spaghetti in a separate saucepan of boiling water. Cook for 10 - 12 minutes until it is al dente (tender).
7. Drain the boiling water away from the spaghetti into a colander in the sink.
8. To serve pour some of the bolognaise sauce over the spaghetti.

## Top tips

- ◆ Try serving your spaghetti bolognaise with parmesan cheese and fresh basil.
- ◆ Use as the meat layer for a lasagna.
- ◆ For a vegetarian option swap the minced beef for veggie mince or lentils.

## Skills

Using the hob   Bridge-hold / Claw-grip   Onion preparation   Boiling/Simmering   Working with high risk ingredients (meat)

## BASIC BURGER RECIPE

INGREDIENTS	EQUIPMENT
225g lean minced meat 25g fresh breadcrumbs 1 tablespoon beaten egg ½ small onion (finely grate or chopped) Salt, pepper, mustard, shake of Worcestershire sauce.	Mixing bowl Grater Wooden spoon Chopping board Palette knife Cling film Foil for grill pan Cooks knife

## Method

1. Mix all ingredients together well with a wooden spoon.
2. Divide into 4 equal portions using a palette knife and cooks knife.
3. Shape each burger evenly. Make sure it is an even depth (1-2 cms).
4. Grill the burgers for 4-5 mins each side until cooked through. (Temperature probe should get higher than 70°C).
5. Uncooked burgers can be wrapped and stored in the fridge.

Top Tips – Take care when working with meat. Remember the 4C's (Cleaning, Cooking, Chilling and avoiding Cross-Contamination).

# Bread Rolls

## Ingredients

300g strong white flour  
 1 x 5ml spoon salt  
 15g margarine or 2tsp oil  
 1 sachet quick acting yeast (7g) 200ml warm water  
 Milk for glazing  
 A few spoon poppy / sesame seeds, optional

## Equipment

Baking tray, pastry brush, weighing scales, sieve, mixing bowl, measuring jug, flour dredger, palette knife and cooling rack.

## Method

1. Preheat the oven to 220°C or gas mark 8.
2. Sift the flour and salt into the mixing bowl.
3. Rub in the margarine or stir in the oil.
4. Stir in the yeast.
5. Make a well in the centre of the flour and add warm water.
6. Work into a soft dough with your hand.
7. Turn onto a lightly floured surface and knead for 5 - 10 mins until smooth.
8. Divide the dough into 4 equal pieces, make 4 oval shapes and place on the baking tray.
9. Cover the baking tray loosely with oiled clingfilm or a damp, clean teatowel.
10. Leave the bread to prove in a warm place until doubled in size.
11. Brush bread rolls with a little milk and sprinkle with poppy or sesame seeds, if desired.
12. Bake for 10 minutes, until the rolls sound hollow when tapped on the base. Place on the cooling rack.

## Top Tips

Vary the toppings on the rolls, or make different shapes. You can add herbs to the bread dough or use it as a pizza base.

## Skills

Using the oven | Kneading | Rubbing in | Proving | Dividing

<b>Relishes</b>	
<p><b>Tomato Ketchup (tinned tomatoes)</b></p> <p>1 tbsp balsamic vinegar                      1 tbsp olive oil                      2 tbsp brown sugar                      2 cloves garlic, chopped                      400g can chopped tomatoes                      Pinch mixed spice *                      Salt                      Freshly ground black pepper</p>	<p><b>Method</b></p> <ol style="list-style-type: none"> <li>1. Place all ingredients, except salt and pepper, in a saucepan and bring to the boil.</li> <li>2. Turn down the heat and simmer for 20 minutes, until liquid is much reduced, stirring regularly so the mixture does not catch on the bottom of the pan. The mixture should be syrupy and thick.</li> <li>3. Season with salt and pepper to taste, allow to cool slightly</li> <li>4. Remove to a blender or use a hand blender and blend until smooth.</li> <li>5. Pass mixture through a sieve to produce a thick ketchup sauce.</li> <li>6. Place into a jar. Cool and then store in the fridge.</li> </ol>
<p><b>Barbecue sauce</b></p> <p><b>Ingredients</b></p> <p>1 tbsp olive oil                      1 onion, finely chopped                      400g can chopped tomatoes                      3 garlic cloves, finely chopped                      85g brown sugar                      3 tbsp malt vinegar                      2 tbsp Worcestershire sauce                      1 tbsp tomato purée</p>	<p><b>Method</b></p> <ol style="list-style-type: none"> <li>1. Heat oil in a saucepan and add the onion.</li> <li>2. Cook over a gentle heat 4-5 mins, until softened.</li> <li>3. Add remaining ingredients, season and mix.</li> <li>4. Bring to the boil, then reduce heat and simmer for 20-30 mins, until thickened.</li> <li>5. For a smooth sauce, simply whizz the mixture in a food processor or with a hand blender for a few seconds.</li> <li>6. Pour into a container or jam jar and store in the refrigerator.</li> </ol>

