S2

Fit for Life

Recipe

books



**Lentil Soup**

**Ingredients**

50g lentils

1/2 onion

1/2 carrot

400ml ham stock

15ml oil

15ml cream

**Method**

1. Wash, peel, and rewash vegetables. Roughly chop the onion and the carrot.
2. Heat the oil in a large saucepan and gently fry the vegetables for 2-3 minutes.
3. Add the lentils and fry for 1 minute.
4. Add the ham stock and bring to the boil. Reduce the heat and simmer for 20 minutes.
5. Blend the soup, adjust the seasoning and stir in cream.
6. Serve.

**Fruity Flapjack**

**Ingredients**

50g raisins

2 tablespoons (50g golden syrup)

100g margarine

50g soft brown sugar

150g jumbo oats

50g plain flour

**Method**

1. Preheat the oven to 160C/Gas 3
2. Place the raisins, flour and oats into the mixing bowl
3. Place the syrup, butter and brown sugar in the saucepan.
4. Heat over a low heat, stirring with the wooden spoon.
5. Pour the melted mixture into the mixing bowl and mix well.
6. Place the mixture into the foil tray and bake for approx 25 mins
7. Leave to cool for a few mins before marking into squares with a sharp knife.

**Turkey Burger**

**Ingredients**

¼ onion

75g turkey mince

2.5ml mixed herbs

2.5ml Worcestershire sauce

Seasoning

1 burger bun

**Optional:** 25g cheddar cheese

**Method**

1. Preheat the grill.
2. Peel and chop the onion as finely as you can.
3. Place the turkey mince in a bowl and mix together with the onion, herbs and Worcestershire sauce.
4. Shape the turkey mixture into a burger shape on a red chopping board.
5. Place on tinfoil under the grill and cook for 5-6 minutes on each side.
6. Check the burgers are thoroughly cooked when the juices run clear.
7. Place the burger in the roll with the cheese if you are having it.

**Carrot Cakes**

**Ingredients**

50g soft brown sugar

50g soft margarine

75g S.R flour

1 egg

1 small carrot

2.5ml baking powder

15ml orange juice

1 tablespoon sultanas

2.5 ml mixed spice

**Oven 180 C, Gas mark 4**

**Method**

1. Sieve flour into large bowl; add margarine, sugar, mixed spice and baking powder.
2. Wash, peel and grate carrot. Add to bowl. Add sultanas.
3. Add egg and orange juice; beat well until mixture is soft and creamy.
4. Divide the mixture evenly between the paper cases.
5. Bake in a pre-heated oven for approx 10 minutes.

**Malay Style Chicken**

**Ingredients**

1 X 10 ml spoon vegetable oil

1 X 1.25 ml spoon of cumin

1.25ml coriander

1.25ml turmeric

1/2 small onion

1/4 green or red pepper

1.25ml garlic powder

1/2 boneless, skinless chicken breast

15 g creamed coconut

75ml stock

25g tinned pineapple – drained

50g long grain rice

**Method**

1. Place a large pan of water on to boil. Add rice and cook for 15 minutes or until tender.
2. Peel and slice onion, wash, de-seed and chop pepper.
3. Heat the oil in a wok or frying pan.
4. Fry the spices for ½ minute.
5. Add the onion, pepper and chicken and fry for 2–3 minutes.
6. Add all the remaining ingredients and bring to the boil.
7. Simmer, uncovered for 20 minutes.
8. Drain rice and place on serving dish. Pour Malay chicken on top of the rice.

**Sultana and Ginger Scones**

**Ingredients**

150g SR flour

1 tsp. baking powder

40g margarine

20g caster sugar

50g sultanas

2.5ml ground ginger

2-3 tbsps Milk

1 egg (beaten)

**Method**

1. Pre-heat the oven to 200’C or Gas 6
2. Sieve the flour and baking powder into the mixing bowl
3. Rub the margarine into flour until like fine crumbs
4. Add the sugar and sultanas
5. Add enough milk to bind the mixture and make a soft dough
6. Knead the mixture gently and leave to rest on the table for 5 minutes
7. Shape the dough into a round 3cm thick shape. Cut the dough into 8 wedges.
8. Place on a floured tray, glaze with beaten egg
9. Bake for 10-15 mins until well risen and golden

**Vegetable Stir Fry**

**Ingredients:**

1 clove garlic

1 piece of fresh ginger

½ onion

1 mushroom

1 piece of red/green pepper

1 piece of carrot

Handful of beansprouts

1 sheet noodles

2.5ml Chinese five spice

10ml oil

Optional: soy sauce and/ or sweet chilli sauce

**Method**

1. Collect all ingredients
2. Finely chop the garlic and ginger.
3. Slice the onion, mushroom, pepper & carrot.
4. Boil water in a pan. Cook noodles for 4 minutes. Drain.
5. Heat the oil in a frying pan. Add all the vegetables and spice and stir fry for 8-10 minutes. Add in the bean sprouts and stir-fry for 2 minutes.
6. Add the drained noodles to the vegetables. Add in soya sauce and chilli sauce to taste.
7. Serve.

**Basic Pizza**

**Ingredients:**

125g pizza base mix

75ml warm water

15ml tomato puree

50ml chopped tomato

**Method:**

1. Set the oven to 200ºC /gas mark 6.
2. Sieve the pizza base mix into a large bowl and mix with enough warm water to make a soft dough.
3. Knead for 5 minutes.
4. Roll out the dough to approximately 15cm in diameter. Pinch the edges and place on baking tray leave on top of the cooker to rise slightly.
5. Grate the cheese.
6. Mix the tomato puree, chopped tomatoes and basil together and spread over the pizza base, arrange the toppings on neatly and then finish with the cheese.
7. Bake until golden brown and the cheese has melted. (Approx 15-20 min)

**Spicy Vegetable Risotto**

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| **Ingredients** |  |
| ½ onion  1 mushroom  ¼ carrot  1 tbsp peas  50g rice  1 tsp vegetable stock  250ml water  15ml spoon curry powder  15ml spoon vegetable oil |  |
| **Method**   1. Collect all equipment and ingredients. 2. Prepare vegetables – chop onions and mushrooms, peel and dice carrot. 3. Dissolve stock in boiling water. 4. Heat oil in frying pan. 5. Fry onions until tender. 6. Add mushrooms and carrots, fry gently for 3 minutes. 7. Add curry powder and rice and cook for 2 minutes. 8. Add stock. Bring to the boil. 9. Simmer gently for 10 minutes, add peas and cook for another 5 minutes or until water is absorbed. | |

**Lemon/Orange Drizzle Cake**

**Ingredients**

100g margarine

100g caster sugar

2 eggs

100g SR flour

1 orange OR

1 lemon

50g sugar - topping

**Method**

1. Pre-heat oven to Gas 5/190°C.
2. Place margarine, sugar, eggs and SR flour into a large mixing bowl
3. Add the grated zest of either 1 lemon or 1 orange
4. Using an electric mixer cream together all the ingredients until light and fluffy
5. Place the mixture into a foil tin
6. Bake 25-30 mins until well risen and springy to touch
7. Make the topping by mixing together the sugar and enough fresh juice, then heat until sugar dissolves.
8. Drizzle over the warm cake
9. Leave to set

**Savoury Pasta**

**Ingredients**

½ onion

1 x 15 ml spoon sweetcorn

¼ red pepper

25g Margarine

250ml milk

50g pasta shapes

25g cheese

25g plain flour

**Method**

1. Collect all ingredients
2. Cook pasta in boiling water for 12 minutes.
3. Peel and chop onion. Chop pepper finely. Grate cheese.
4. Melt the margarine in a 2nd pot. Fry the onion gently. DO NOT BURN.
5. Remove from heat, add flour and gradually stir in milk.
6. Return to heat and STIR ALL THE TIME until the sauce thickens. Remove from heat and stir in cheese, sweetcorn and red pepper.
7. Drain the pasta and ad to the cheese sauce.
8. Serve.

**Egg Fried Rice**

**Ingredients**

50g long grain rice

2 slices cooked ham

1 spring onion

2 tablespoons frozen peas

1 egg

salt & pepper

10mls vegetable oil

10mls soy sauce

**Method**

1. Half fill the large pan with water and bring to the boil, add the rice and cook for 15 minutes until tender.
2. Wash and slice the spring onion; chop the ham into small pieces.
3. Beat the egg in a small bowl and add the salt and pepper and frozen peas.
4. Drain the cooked rice and peas through a sieve.
5. Heat the oil in a frying pan or wok.
6. Fry the ham and spring onion for 2 minutes, tip in the rice, and cook for 2 minutes.
7. Stir in the beaten egg, soy sauce and salt and pepper and peas. Cook for 1 minute.
8. Spoon the mixture into your container and serve.

**Berry Muffins**

**Ingredients**

125g plain flour

50g caster sugar

5ml baking powder

90ml milk

75ml oil

1 egg

2.5ml vanilla essence

50g berries

**Method**

1. Preheat oven to 200°C/gas mark 4.
2. Place all ingredients, excepts the raspberries, into a large bowl and beat well
3. Tip in the berries and stir gently.
4. Divide the mixture evenly into 6 paper cases.
5. Bake until golden brown and well risen (approx. 15-20 minutes).
6. Serve

**Green Chilli Beef**

**Ingredients**

10ml sunflower oil 1/2 tomato

75g beef mince 1 spring onion

2.5ml dried sage ¼ green chilli pepper

1 large tortilla wraps

1 clove garlic 5ml lime juice

10ml natural yogurt

Seasoning 50ml veg stock

**Method**

1. Crush the garlic.
2. Dice the chilli, tomato and green pepper. Slice the spring onion (keep separate).
3. Heat the oil in a frying pan. Add the beef mince, dried sage and seasoning. Fry for 2-3 minutes.
4. Add the onion, garlic, pepper and chilli. Fry for 10 minutes until the liquid from the pork has evaporated.
5. Add the chopped tomato and vegetable stock.
6. Turn the heat down and let the sauce thicken. Do not burn.
7. Once the sauce is thick squeeze the lime juice over it.
8. Heat the wrap; place the meat mixture inside the wrap. Pour over the yogurt and sprinkle over the spring onion. Roll up the wrap and enjoy!

**Large Chocolate Cake**

**Ingredients:**

150g soft margarine

150g caster sugar

150g SR flour

3 egg

30ml cocoa powder

**Icing**

100g butter

200g icing sugar

15ml cocoa powder (optional)

**Method:**

1. Set oven to 180°C or Gas mark 5. Grease and line 2 cake tins.
2. Cream margarine and sugar in large bowl until light and fluffy.
3. Beat egg in a small bowl, sieve flour and cocoa powder into another small bowl.
4. Beat in the flour and eggs into the margarine and sugar mixture until smooth.
5. Divide the mixture evenly between the 2 tins.
6. Bake in the oven until they spring back when touched and are golden brown.
7. Allow to cool. Make butter icing: - sieve the icing sugar and cocoa powder into a small bowl. Using a wooden spoon cream the butter and incorporate a little of the icing sugar at regular intervals until all has been used.
8. Sandwich the cakes together with a little of the butter icing. Decorate the top of the cake with the remaining icing.
9. Enjoy!

**Fifteen’s – (between 2)**

**Ingredients**

15 large marshmallows (halved)

15 digestive biscuits (crushed)

15 glace cherries (halved)

160ml condensed milk

Desiccated coconut (for rolling)

**Method**

1. Crush the biscuits in a large bowl, half the marshmallows and the cherries and place in the bowl with the biscuits.
2. Mix in the condensed milk to make a soft, moist dough.
3. You may find that you need to add a little extra condensed milk.
4. Portion the dough into balls and roll in coconut. Place into paper cases.
5. Enjoy!