S1

Starting to Cook

Recipes



**Fresh Fruit Salad**

**Ingredients**

1 mandarin orange

½ apple

½ pear

A few grapes

½ banana

100mls fresh orange juice

**Method:**

1. Measure fruit juice in a measuring jug and pour into bowl.
2. Wash apple pear and grapes and dry with a paper towel.
3. Peel orange then divide into segments, place into bowl.
4. Cut grapes in half (remove any seeds if not seedless) and place into bowl.
5. Cut the apple in half, lengthways and then cut into quarters.
6. Carefully remove the core from each quarter and then cut into small bite sized pieces, place in the bowl with orange juice
7. Prepare the pear the same way as the apple.
8. Peel and slice the banana and place in the bowl.
9. Gently stir the fruit to mix and make sure it is coated with the

 juice. Transfer into your container to take home.

**Bruschetta**

**Ingredients:**

1 ciabbatta roll

2 x 15mls chopped tomatoes

25g cheese

1 teaspoon pesto

**Method:**

1. Set your oven to 200ºC or gas mark 6.
2. Split the ciabbatta roll in two carefully – your teacher will show you how to do this.
3. Grate the cheese onto a plate.
4. Mix the chopped tomatoes and pesto together in a small bowl.
5. Spread over the tomato and pesto mixture.
6. Place on a baking tray and then sprinkle over the grated cheese
7. Place in the oven and cook until the cheese has melted.

**French Toast** **with Bacon**

**Ingredients**

1 slice of bread cut in half

1 egg

A knob of butter

1 rasher of bacon

1 tablespoon of cooking oil

**Method**

1. Melt the butter in a pan on a low-medium heat.
2. Crack the egg onto a plate and whisk until the yolk and egg white is mixed and becomes a yellow colour.
3. Dip the bread into the egg until both sides of the bread are coated in the egg mixture.
4. Add the eggy bread to the pan – be careful, it’s hot! Cook for 1 minute then flip the bread over and cook for another minute before putting on a plate.
5. To cook the bacon, add the oil to a hot pan and allow to heat up for 1-2 minutes
6. Add the bacon to the pan and fry for 1-2 minutes, then flip the bacon over and cook the other side for 1-2 minutes.
7. Once the bacon is cooked, put it on the plate with the French toast.

**Quick Creamy Pasta**

**Ingredients**

50g pasta shapes

25g cream cheese

10mls milk

1 slice ham

25g sweetcorn

**Method**

1. ½ fill a pot with water and put on to boil for the pasta.
2. Weigh the cream cheese into a small bowl.
3. Measure the milk and combine it with the cream cheese.
4. Dice the ham.
5. When pasta is al dente drain it. Put the pasta back into the sauce pan. Add the cream cheese mixture, sweetcorn and ham.
6. Heat for 1 minute until the sauce is smooth and warmed.
7. Serve and enjoy.

**Scottish Crumble**

**Ingredients**

100g plain flour

30ml Porridge oats

50 g Demerara sugar

50g Margarine

1 apple

5 ml ground ginger or cinnamon

**Method**

1. Collect ingredients and equipment. Preheat oven 190°C/Gas Mark 5.
2. Peel the apple, slice it thinly then place in the bottom of the ovenproof dish.
3. Rub the margarine into the flour and ginger to make fine breadcrumbs.
4. Add the oats and sugar, and mix together to make the crumble.
5. Spread the crumble on top of the fruit, place dish onto a baking tray, and place in oven.
6. Bake until golden brown or crispy on top.

**Oatie Cookies**

**Ingredients**

75g Self raising flour

25g Demerara sugar

25g Porridge oats

30ml syrup

2.5ml ginger

50g margarine

**Method**

1. Preheat oven 180°C/Gas Mark 4.
2. Collect equipment and ingredients.
3. Sieve the flour into a large bowl; add the sugar and porridge oats and mix.
4. Melt the margarine and syrup in a small pot.
5. Add the syrup mixture to the dry ingredients and mix together to form a dough.
6. Make into even sized balls, and place apart on the baking tray. Flatten slightly with a fork
7. Bake until golden brown - 10 to 15 minutes

**Rock Buns**

**Ingredients**

100g Self-Raising Flour

2.5ml baking powder

25g caster sugar

25g margarine

25g sultanas

½ egg

25ml milk

**Method**

* Set the oven to 200C.
* Weigh the flour, baking powder and caster sugar into a small bowl. Add the margarine and rub-in until the mixture looks like fine breadcrumbs.
* Weigh sultanas into a small bowl.
* Crack the egg into a small bowl, whisk and divide between you and your partner add the milk.
* Add the sultanas to the large bowl and mix well.
* Make a well in the middle and mix in the egg and milk mixture until a soft slightly sticky dough is formed.
* Place even-sized spoonfuls of mixture onto a baking tray and bake until golden brown.

**Chocolate Truffles – between 2**

**Ingredients**

11 Digestive biscuits

50g Margarine

5 tbsp condensed milk

1 tbsp Cocoa powder

50g Coconut

Vermicelli/coconut/cocoa powder to coat

16 truffle cases

**Method**

1. Collect equipment and ingredients.
2. Crush the biscuits with a rolling pin in the large bowl.
3. Melt the margarine in a small sauce pan.
4. Add the coconut, cocoa, melted margarine to the large bowl with the biscuits and mix together, slowly add the condensed milk, and mix, until the mixture come together.
5. Shape the mixture into even sized balls, and roll in coconut or chocolate vermicelli.
6. Put into paper cases, and leave to set in fridge.