

Preparing an onion

1. Cut in half length-ways
(from root to stem)



2. Cut the root and stem off

3. Remove the skin
(your onion should
be smooth and
shiny)



4. Use the bridge hold to
slice lengthways (from
stem to root)

5. Hold the onion
together and cut in the
other direction – making
small dices of onion



Preparing an onion

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(from root to stem)



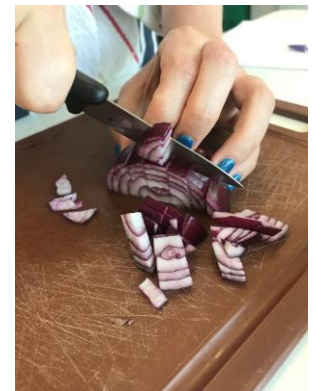
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Knife Skills

Ingredients (Tzatziki):

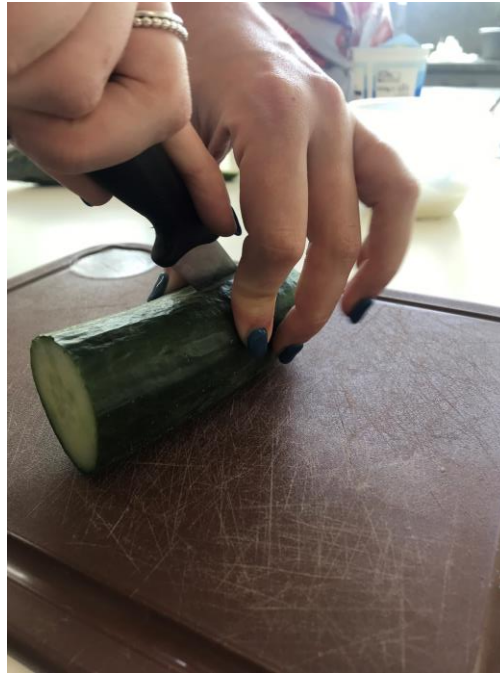
1tbsp Greek Yoghurt with 1 tsp
lemon juice added
Pinch of salt
 $\frac{1}{4}$ cucumber - grated

Ingredients (Crudit ):

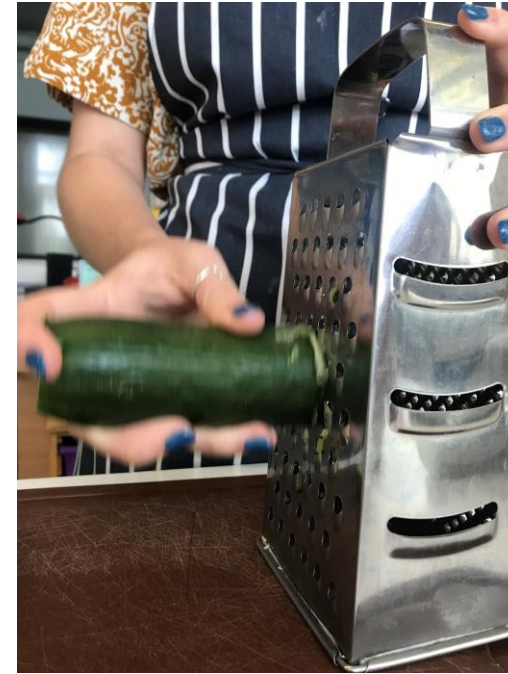
$\frac{1}{4}$ Cucumber
1 Carrot
1 stick Celery

Method:

1. Cut the cucumber in half length-ways
2. Grate 1 half into a bowl
3. Add the yoghurt and lemon juice mix
4. Mix and season with a pinch of salt and pepper
5. Cut the rest of the cucumber and other veg into batons



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2. Grate 1 half into a bowl



3. Add the yoghurt and lemon juice
4. Mix and season



5. Cut the rest of the cucumber and other veg into batons

Equipment - each:

Brown board
Sharp knife
Tablespoon (tbsp)
Grater
Peeler

Sausage Rolls

Ingredients:

Half red onion
2 pork sausages
1/2 pack ready rolled puff pastry

Method:

1. Remove the skin and grate the onion
2. With a sharp knife, slit the skins of the sausages and pop the meat out. Put it in a mixing bowl with the onion.
3. Scrunch well with your clean hands to mix together.
4. Un-roll your pastry and cut it into 2, even rectangles.
5. Roll the mixture into 2 sausage shapes with your hands and lay along the center of each of the rectangles of pastry.
6. Roll one side of the pastry over, wrapping the filling inside.
7. Press the edges down with your fingers or the edge of a spoon to seal.
8. Glaze with egg and bake for 20 mins until golden brown

Equipment - each:

Red board
Grater
Sharp knife
Bowl
Pastry brush
Baking sheet + paper

Sausage Rolls

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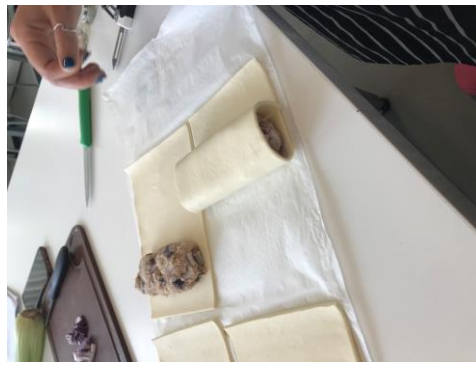
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Stir Fry

Ingredients (in pair):

2 chicken breast or block smoked tofu
Half onion
3 heads of broccoli
3 button mushrooms
Handful of mangetout/green beans
Sweet chilli sauce
100g long grain rice

Method:

1. Place rice in a large saucepan of water. When water is boiling put 10 minute timer on
2. Cut chicken into 1cm cubes and lightly fry in sunflower oil until white.
3. While the chicken is cooking, slice onion and mushrooms and quarter broccoli heads
4. Add the veg to the chicken and stir fry for 3-5 minutes
5. Add the sauce to the veg and chicken
6. Drain the rice and put in your box
7. Serve your stir fry on top of your rice

Equipment – in pair:

Red board
Brown board
2x Sharp knife
Wok
Large saucepan
Colander
Wooden spatula

Stir Fry

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Cheese Scones

Ingredients:

120g self-raising flour
25g salted butter
20g mature cheddar
75ml milk
1 tsp salt

Method:

1. Heat the oven to 220C/200C Fan/Gas 7 and put grease proof paper on a large baking sheet.
2. Mix together the flour and salt and rub in the butter.
3. Grate the cheese and stir into the flour.
4. **Slowly**, add in the milk – **a little bit at a time** - and stir (using a butter knife) to get a soft dough. Don't put too much milk in!
5. Turn onto a work surface and pat out to around 2cm thick (measure on your 1st knuckle).
6. Use a 5cm cutter to stamp out rounds and place on the baking sheet. Lightly mix together the rest of the dough and stamp out more scones to use it all up. (will make 5-6)
7. Brush the tops of the scones with a little milk. Bake for 12–15 minutes until well risen and golden. Cool on a wire rack

Equipment – each:

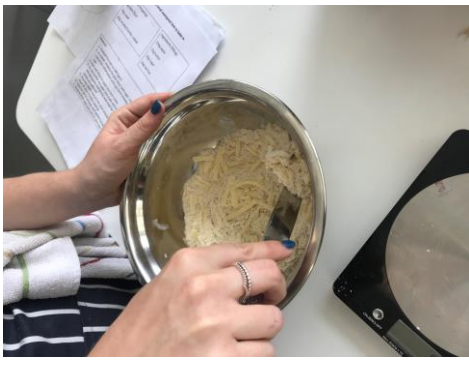
Grater
Bowl
Butter knife
Baking sheet + paper
5cm cutter
Pastry brush

Cheese scones

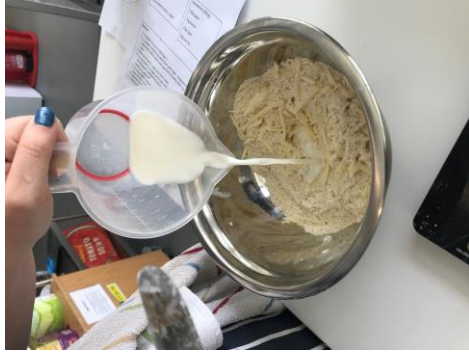
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3. Grate the cheese and stir into the flour.



4. **Slowly**, add in the milk – **a little bit at a time** - and stir (using a butter knife) to get a soft dough. Don't put too much milk in!



5. Turn onto a floured work surface and pat out to around 2cm thick (measure on your 1st knuckle).



6. Use a 5cm cutter to stamp out rounds and place on the baking sheet. Lightly mix together the rest of the dough and stamp out more scones to use it all up. (will make 5-6)



7. Brush the tops of the scones with a little milk. Bake for 12–15 minutes until well risen and golden. Cool on a wire rack



Cupcakes

Ingredients:

55g unsalted butter or margarine
55g caster sugar
1 egg
½ tsp vanilla extract
55g self-raising flour
100g icing sugar
1tbsp cocoa powder
Sprinkles – optional

Method:

1. Heat the oven to 180C/160 fan/gas 4 and fill half cupcake tray with cases – your partner will use the other half of the tray.
2. Using a wooden spoon, cream together the butter and sugar until soft, pale and light.
3. Mix in the egg, vanilla extract and flour
4. Add a tablespoon of batter into each cake case
5. Bake for 15-18 mins until golden brown. Leave to cool on a wire rack
6. Wash up
7. In another bowl, combine the icing sugar and cocoa powder and slowly add 1-2 tbsp water until you form a smooth paste (don't make it too runny!)
8. Add the icing to the top of each cupcake and lightly cover with sprinkles

Equipment – each:

Wooden spoon
Bowl
Tbsp
Cupcake tray (1 between 2)

Pizza

Ingredients (dough):
200g plain flour, plus
extra to dust (add 1 tsp
of both salt and sugar
to flour)
3.5g (1tsp) fast action
dried yeast
100ml warm water

Ingredients (toppings):
1tbsp tomato paste
50g cheese (mozzarella or
cheddar)
Your own pizza toppings –
sweetcorn, pepperoni,
onion, mushrooms, roast
chicken etc.

Method:

1. Preheat the oven to Gas 9 or 250 degrees
2. Mix the flour, yeast, salt and sugar together in a mixing bowl. Make a well in the middle and warm water – a little at a time. Bring together and then tip onto a floured surface to kneed.
3. Knead for 1-2 minutes until the dough is smooth and stretchy
4. Roll out the ball to a circle. Place onto a piece of baking paper and then onto the pizza tray.
5. Spread the tomato paste (leaving a crust) and add the toppings.
6. Bake for 10 minutes until the crust is golden and the cheese bubbling.

Equipment – each:

Pizza tray + paper
Bowl
Measuring jug
Rolling pin
Tbsp

Pizza

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6. Bake for 10 minutes until the crust is golden and the cheese bubbling.



Jam Tarts

Ingredients:

100g plain flour
50g butter
50g jam or marmalade

Method:

1. Pre-heat the oven to 200C/ 180 fan/ gas 6.
2. Put the flour and butter into a bowl and rub together to form breadcrumbs
3. Using a butter knife, mix in a tbsp COLD water at a time to bring the dough together. Finish by making into a ball with your hand – not over working the pastry.
4. Put your pastry on a lightly floured surface and roll out to the thickness of a £1 coin
5. Using a round cutter, cut out 6 circles and lightly push into the tin
6. Add 1tsp of your filling into each case.
7. Bake for 15-18 minutes until golden and leave to cool in tray before transferring to a wire rack.

Equipment – each:

Bowl
Rolling pin
Butter knife
Tbsp
Teaspoon (tsp)
Cupcake tray (1 between 2)

Jam Tarts

1. Put the flour and butter into a bowl and rub together to form breadcrumbs



2. Using a butter knife, mix in a little COLD water at a time to bring the dough together. Make into a ball with your hands



3. Put your pastry on a lightly floured surface and roll out to the thickness of a pound coin



4. Cut out 6 circles and lightly push into the tin



5. Add 1tsp of filling into each case and bake for 15-18 mins



1 Pan Roast

Ingredients:

50g potatoes

1 carrot

1 parsnip

1 chicken breast

Seasoning of your choice – herbs, paprika etc.

Method:

- Preheat the oven to 220C/ 180 fan/ gas 6
- Peel and chop the veg to all the same size
- Put in baking tray with the olive oil
- Place chicken breast on top and season
- Roast for 20-25 minutes until chicken is cooked through

Equipment – each:

Sharp knife

Brown board

Peeler

Roasting pan

1 Pan roast dinner

2. Peel and chop the veg to all the same size



3. Put in baking tray with the olive oil
4. Place chicken breast on top and season

