

Key Stage 4 Recipe Book



Chocolate Truffles

Ingredients

- 125g Plain Chocolate
- 15g Butter
- 125g Icing Sugar
- 125g Digestive Biscuits
- 1 Egg Yolk
- 2-3 Tablespoons Orange Cordial
- Chopped Nuts, Chocolate Strands or Cocoa Powder to decorate

Method

1. Break up chocolate and melt with butter in a bowl over a pan of water
2. Remove pan from heat and sieve in icing sugar and crumbed biscuits
3. Add egg yolk and orange juice to taste. Leave mixture for 5 mins to firm up
4. Roll to size, cover in chosen covering and put into petit four cases. Put in fridge to cool



SHORTCRUST PASTRY

Ingredients

- 200g Plain Flour
- 100g Block Margarine or Butter
- ¼ tsp Salt
- 9 tsp Cold Water

Method

1. Sieve flour and salt into a bowl
2. Cut fat into small pieces, add to bowl and rub into flour until it resembles breadcrumbs
3. Add 9 tsp of water, mixing with a table knife until mixture starts to come together
4. Use hands to form a dough then knead lightly
5. Make into desired recipe



SHORTCRUST PASTRY – Jam Tarts

Ingredients

- 200g Plain Flour
- 100g Block Margarine or Butter
- ¼ tsp Salt
- 9 tsp Cold Water
- Jar of Jam

Method

1. Sieve flour and salt into a bowl
2. Cut fat into small pieces, add to bowl and rub into flour until it resembles breadcrumbs
3. Add 9 tsp of water, mixing with a table knife until mixture starts to come together
4. Use hands to form a dough then knead lightly
5. Roll out pastry, use pastry cutters, put circles into bun tin, fill with jam
6. Cook 12 mins 200°C



SHORTCRUST PASTRY - Quiche

Ingredients

- 200g Plain flour
- 100g Block Margarine or Butter
- ¼ tsp Salt
- 9 tsp Cold Water

Filling Ingredients

- 2 Eggs
- ½ pint Milk
- 50g Cheese
- ½ Onion

Method

1. Sieve flour and salt into a bowl
2. Cut fat into small pieces, add to bowl and rub into flour until it resembles breadcrumbs
3. Add 9 tsp of water, mixing with a table knife until mixture starts to come together
4. Use hands to form a dough then knead lightly
5. Roll out and line a quiche ring
6. Chop the onion finely, add to base of quiche
7. Mix eggs and milk, pour over onions, top with cheese
8. Cook 200°C 30-40 mins until set



FLAKY PASTRY

Ingredients

- 200g Plain Flour
- 75g Block Margarine
- 75g Lard
- Pinch of Salt
- Approx 125ml Cold Water

Method

1. Sieve flour and salt into a bowl
2. Cut fat into small pieces, mix into a block, divide into quarters. Chill briefly
3. Rub one of the quarters into the flour, mix into a pliable dough with the lemon juice and water
4. Roll pastry onto a floured surface, pastry should be 3 times longer than width. Using next quarter of fat, dab fat over bottom two thirds of pastry
5. Fold bottom third up and top third down. Seal edges lightly, wrap and chill for 10mins
6. Repeat with remaining two quarters of fat, chill in between. After last stage, chill for a further 30mins.



FLAKY PASTRY - Sausage rolls

Ingredients

- 500g Sausages/Sausage Meat
- Flaky Pastry (from recipe)
- 1 Egg

Oven Temperature

220°C

Method

1. Light the oven
2. Roll out pastry to a large oblong
3. Divide into two, place sausage on each piece, roll up and cut into rolls
4. Place on a tray and glaze with egg
5. Cook for 20-30 mins



FLAKY PASTRY- Sausage plait

Ingredients

- Flaky pastry (from recipe)
- 500g sausages/sausage meat
- Apple
- Onion
- Branston pickle
- 1 egg

Oven Temperature

220°C

Method

1. Light the oven
2. Roll out pastry to a large oblong
3. Cut apple and onion and mix with sausage meat
4. Spread pickle down middle third of pastry and top with the sausage meat mix
5. Brush sides with egg and cut diagonal strips, fold over strips from alternate sides to make plait. Brush with egg
6. Place on baking tray
7. Cook for 30- 40 mins



FLAKY PASTRY – Apple Turnovers

Ingredients

- Flaky pastry (from recipe)
- Tin apple pie filling
- 1 egg
- 25g sugar

Oven Temperature

220°C

Method

1. Light the oven
2. Roll out pastry , use pie makers to cut out circles
3. Put circles into pie makers, add filling, brush edges with egg, squeeze together
4. Place on a tray and glaze with egg. Sugar
5. Cook for 20-30 mins



CHOUX PASTRY

Ingredients

- 65g Plain flour
- 50g Butter
- A pinch of Salt
- 125ml Water
- 2 well Beaten Eggs

Method

1. Sieve flour and salt into a plate
2. Cut butter into small pieces and put into saucepan with water. Bring to the boil, when butter has melted shoot in the flour and remove from heat. Beat well until there are no lumps
3. Beat in half the eggs, when well mixed add rest of egg a little at a time
4. At this point the mixture should be slack enough to pipe and firm enough to hold its shape. Put lid on pan and allow to cool a little
5. Spoon into greased bun tins. Bake at 200°C, Gas Mark 6 for 20 – 25mins



Victoria Sandwich Cake

Ingredients

- 175g Margarine
- 175g Caster Sugar
- 3 Eggs
- 175g Self Raising Flour
- 3-4 tbsp Jam

Method

1. Cream together the margarine and caster sugar, until light and fluffy
2. Lightly beat the eggs. Add the egg mixture gradually
3. Fold in the flour, do not over mix
4. Divide mixture in half and spoon into two cake tins
5. Cook 200°C for 15-20mins
6. Once cooked, leave to cool. Spread on half with jam, place other half on top



Chocolate Brownies

Ingredients

- 200g Margarine/Butter
- 25g Cocoa Powder
- 175g Sugar
- 75g Self Raising Flour
- 2 eggs

Topping Ingredients

- 40g Butter
- 40g Caster Sugar
- 100g Condensed Milk
- 30g Chocolate Chips

Method

1. Weigh margarine, sugar and cocoa powder into a saucepan. Melt ingredients, remove from heat
2. Beat eggs well in a separate bowl
3. Add flour and mix well
4. Add eggs and mix well
5. Grease and line a tin with greaseproof paper
6. Pour mixture into tin and cook at 200°C for 15 – 20mins
7. Melt Butter and sugar, stir in milk and bring to boil. Cool for 5mins.
8. Stir in half the chocolate chips. Spread over cake.
9. Scatter remaining chocolate chips over the top.
10. Divide evenly into 16 pieces



Swiss Roll

Ingredients

- 50g Caster Sugar
- 50g Self Raising Flour
- 2 Eggs
- 3 - 4 tbsp Jam

Method

1. In a glass bowl mix together the eggs and caster sugar with an electric whisk, until the mixture is thick enough to leave a trail on the surface. (the mixture will go from a thin yellow mixture to a thick white mixture. It will take about 5-7 mins)
2. Gently fold in the flour, ensure it is all mixed in. Pour into a prepared swiss roll tin. **DO NOT SMOOTH OUT MIXTURE!!** Tilt the tin to run the mixture into the corners
3. Cook 200 °C, 8-10 mins
4. While in the oven, sprinkle a piece of greaseproof paper with caster sugar
5. Once cooked, turn cake out onto the greaseproof paper, remove backing paper. Score along lower edge 1cm in. spread with 3-4 tbsps jam. Do not let the swiss roll cool too much as it will be harder to roll
6. To roll up the cake, using the greaseproof paper, pick up lower edge of cake, fold under to start the roll, then continue rolling with the paper. Sprinkle with icing sugar



Sausage & Vegetable Kebabs

Ingredients

- 2 Sausages
- ½ Red Pepper
- ½ Courgette
- 2 Mushrooms
- 2 Skewers
- 50g Boiled rice

Method

1. Preheat grill. Soak wooden skewers in cold water
2. Grill the sausages for 3-4 mins, turning occasionally so they become browned all over
3. Cool slightly and cut each sausage into 4 pieces
4. Thread the cooked sausage, red pepper pieces, sliced courgette and halved mushroom onto the skewers
5. Drizzle with oil, season with salt & pepper
6. Grill for 3-4 mins



Leek & Pasta soup

Ingredients

- 1 tbls Margarine
- 2 Leeks thinly sliced
- 1 pint or 600mls Chicken or Vegetable Stock
- 25g Vermicelli
- Salt & Pepper
- 75ml Single Cream

Method

1. Melt the margarine in a pan & sauté the leeks until soft but not brown
2. Add the stock & bring to the boil, simmer for 30 mins stirring occasionally
3. Add the Vermicelli & cook for a further 15 mins until just tender
4. Season to taste. Stir in the cream & reheat gently before serving



Naan Bread

Ingredients

- 75ml hand hot Milk
- 1 tsp Caster Sugar
- 1 tsp Dried Yeast
- 225g Plain Flour
- ¼ tsp Salt
- ½ tsp Baking Powder
- 1 tbsp Vegetable Oil
- 75ml Natural Yogurt
- 1 Egg

Oven Temperature

220°C

Method

1. Put milk in bowl and add ½ tsp sugar and ½ tsp yeast, leave to froth for 10 mins
2. Sift flour, salt and baking powder into large bowl, add remaining sugar, yeast mixture oil, yogurt and egg. Mix to form dough
3. Knead dough for 10 mins. Pour small amount of oil into the bowl and roll dough in it. Cover with cling film, put in top oven to double in size
4. Put baking tray into oven to heat, pre heat grill at same time
5. Divide the dough into 4 and shape one at a time into a tear shape
6. Put 1st naan bread onto hot baking tray and put into oven for 3 mins, it should puff up. Then put under the grill to brown for 30 seconds on each side
7. Make the remainder of the naan breads in the same way



Pasta with a Tomato Sauce

Ingredients

Pasta

- 100g Plain Flour
- 1 Tablespoon Olive Oil
- 1 Egg
- Pinch of Salt

Sauce

- Tin Tomatoes
- Small Onion
- Garlic
- 1 Teaspoon Sugar
- Basil Leaves
- Olive Oil

Method

Pasta

1. Combine all ingredients in a large bowl to make a dough. Knead smooth for 3-4 mins, refrigerate for 10 mins
2. Put through pasta machine until desired thickness
3. Cut into either spaghetti or Tagliatelle
4. Cook in a large pan of boiling water with salt and olive oil. Cook 2-4 mins

Sauce

1. Chop onion finely, saute in warmed olive oil until soft, add garlic cook 1 min
2. Add tomatoes and sugar, bring to the boil to reduce then simmer for 5 mins
3. Add basil leaves
4. Add Pasta, combine then serve



Vanilla Panna Cotta

Ingredients

- 1 ½ gelatine leaves
- 125ml milk
- 125ml double cream
- 13g sugar
- Few drops vanilla essence

Method

1. Soak gelatine leaves in a little cold water until soft (few mins)
2. Place milk, cream, vanilla and sugar into a pan and bring to a simmer
3. Squeeze the water out of the gelatine leaves, add to the pan then remove from the heat. Stir until gelatine has dissolved
4. Divide into 2 pudding bowls, leave to cool then refrigerate for at least 1 hour



Fruit Coulis

Ingredients

- 175g Sugar
- 175g Water
- 350g Raspberries/mixed fruit

Method

1. Add sugar and water into a pan, bring to the boil
2. Reduce the heat and simmer until the sugar has dissolved
3. Take off the heat and add half the raspberries, blend until smooth
4. Pass the coulis through a sieve to remove pips
5. Stir in remaining fruit
6. Allow to cool
7. Decorate panna cotta with sauce to serve.



Raspberry Ripple Cheesecake

Ingredients

- 75g Raspberries
- 35g Caster Sugar
- ½ tablespoon Water
- 30g Butter
- 4 Digestives
- 85g Mascarpone Cheese
- 85g Crème Fraiche
- 1 tablespoon Icing Sugar
- Few drops Vanilla

Method

1. Put 25g raspberries in pan with sugar, ½ tablespoon water cook on low heat 3-4 mins
2. Put through a sieve to remove seeds into a small bowl
3. Melt Butter, crush biscuits. Add to butter then put into ring to make base
4. Arrange raspberries around the base and in centre
5. Mix mascarpone and crème fraiche in a bowl. Add vanilla and icing sugar
6. Drizzle ¼ raspberry sauce over biscuit base
7. Put 2/3 remaining sauce into cheese mix, mix to give ripple effect
8. Put cheese mix over biscuit base, smooth
9. Pour remaining sauce over top and swirl with a fork. Chill



Chocolate Cheesecake

Ingredients

- 35g Caster Sugar
- 90g Plain Chocolate
- 30g Butter
- 4 Digestives
- 115g Cream Cheese
- 70ml Double Cream
- 1 Egg (separated)

Method

1. Melt Butter, crush biscuits. Add to butter then put into ring to make base
2. Beat together Cheese, caster sugar and egg yolk
3. Melt the chocolate and add to the mix
4. Lightly whisk the cream and fold into the mixture
5. Whisk the egg white until stiff, fold in gently
6. Put cheese mix over biscuit base, smooth
7. Chill until set



Thai Green Curry

Ingredients

- 1 Chicken breast
- 1 Onion
- 1 tbsp Oil
- 1 tbsp Curry Paste
- 50g Green Beans
- 50g Cherry Tomatoes
- 50ml Coconut Milk
- 100ml Water

Method

1. Cut chicken into small pieces
2. Finely chop onion
3. Trim and halve green beans
4. Heat oil in pan, add chicken and cook until white right through
5. Add onion and cook for 2 mins
6. Stir in curry paste and green beans
7. Add 100ml water, cook for 5 mins
8. Add cherry tomatoes and coconut milk. Bring to the boil, then simmer for 5 mins



Lemon Meringue Pie

Ingredients

- 4 tablespoons Cornflour
- 300ml Water
- 25g Butter
- Grated rind and juice of 2 Lemons
- 2 Eggs separated
- 175g Caster Sugar
- 200g Digestive Biscuits
- 80g Margarine

Method

1. Melt margarine in pan, Crush biscuits in a bag, add to marg. mix well, pour into tin and smooth evenly
2. Blend cornflour with a little water in a pan, add remaining water and butter, bring to the boil slowly stirring constantly. Cook for 3 mins
3. Remove from heat add lemon juice and rind, egg yolks and 50g sugar. Pour into pastry dish
4. Whisk egg whites until very stiff, add 50g sugar, whisk. Fold in remaining sugar
5. Spread over filling, cook 160°C 20 mins.



Spring Rolls – makes 4

Ingredients

- Peppers
- Onions
- Cabbage
- Beansprouts
- Mushrooms
- Soy sauce
- Seasonings
- Filo pastry
- Oil

Method

1. Evenly cut up all the vegetables, Must be a consistent size
2. Stir fry in a little heated oil
3. Add soy sauce and seasoning
4. Cut Filo pastry into 4 squares, coat with oil
5. Place filling over a corner and roll up, coat in oil again, put on baking tray
6. Cook 10-15 mins until golden brown



Barbeque Sauce

Ingredients

- 60g Ketchup
- 1 tablespoon Dark Brown Soft Sugar
- 1 tablespoons Worcestershire Sauce
- 1/2 tablespoon Cider Vinegar
- 1 dash hot sauce, such as Tabasco
- 1 clove Garlic, minced
- 1/4 teaspoon Mustard Powder
- 1/4 teaspoon Salt

Method

1. In a small saucepan over medium heat, stir together the ketchup, sugar, Worcestershire sauce, vinegar, hot sauce, garlic, mustard powder and salt.
2. Bring to a simmer, then remove from heat and allow to cool slightly before brushing on your favourite barbecued meats



Microwave Lemon Curd

Ingredients

- 100g Caster Sugar
- 1 ½ Eggs
- 125ml Fresh Lemon Juice
- 1 ½ Lemons zested
- 50g Unsalted Butter, melted

Method

1. Whisk together the caster sugar and eggs until smooth
2. Stir in the lemon juice, lemon zest and butter
3. Cook in the microwave for 1 minute intervals until the mixture is thick enough to coat the back of a metal spoon
4. Pour into a bowl, leave to cool



Millionaire's Shortbread

Ingredients

Shortbread

- 50g Sugar
- 100g Butter
- 150g Plain flour

Topping

- 115g Butter
- 285g Condensed Milk
- 75g Golden Syrup
- 250g Chocolate

Method

1. Combine shortbread ingredients to make a dough, press into a lined tray. Cook 200°C for 20 mins
2. Topping- melt butter, condensed milk and golden syrup until butter has melted and the mixture is smooth
3. Turn up the heat and bring to the boil, stirring frequently. The mixture will thicken and turn golden brown. Allow to cool
4. Pour over biscuit base, melt chocolate and cover caramel. Allow to set before cutting into even sized pieces



Raspberry Jam

Ingredients

- 200g Fresh Raspberries
- 250g Jam Sugar

Method

1. Mash the raspberries in a pan, add sugar
2. Bring to the boil, stirring all the time
3. Boil for 4 minutes (time this)
4. Put into a shallow bowl and leave to set



Venetian Doughnuts

Ingredients

- 1 Egg
- 1 ½ tbsp Sugar
- 1 tsp Vanilla Sugar
- Pinch of Salt
- 100g Flour
- 30ml Olive Oil
- ½ tsp grated Lemon Zest
- Icing Sugar for dusting

Method

1. Beat the eggs, sugar, vanilla sugar and salt until foamy. Gradually stir in the flour, olive oil and lemon zest. Leave to rest for 20-30 mins. Beat vigorously
2. Heat oil, scoop small balls of dough and drop into hot oil. Fry until golden brown. Dust with icing sugar before serving

