

# Vegetable Curry

## Ingredients:

- Sunflower or Olive Oil
- Cumin Seeds
- 3 or 4 Garlic Cloves
- Ginger (optional)
- Red or White Onion
- Tomato Puree
- Tinned Tomato or Passata
- Turmeric Powder
- Ginger Powder
- Salt
- Potatoes – 5/6 medium sizes for a family of 4
- Chick Peas

Use a pressure  
cooker or a pan  
with a lid

## Preparation:

- Peel garlic and onion then mince both into small pieces
- Peel potatoes and cube them into approximately 1cm x 1cm

## Method:

1. Turn on the gas to a medium to low heat. Add two tablespoons of oil, wait for the oil to heat up, then add two teaspoons of cumin seeds. When they pop then add the garlic, ginger and onion. Add a teaspoon of salt and stir.
2. Add two tablespoons of tomato puree and let it all cook for 3 minutes. Next add the tomatoes along with 1 teaspoon of turmeric and ginger powder. Stir and cook for 3 minutes.
3. Next add the potatoes and chick peas. Keeping the pan on a low heat, leave it to cook and stir at 5 minute intervals. After 15-20 minutes try one of the potatoes to see if it is soft. If not leave the pan on for longer, again stirring at 5 minute intervals until fully cooked.

ENJOY!

# Pizza

## Dough Ingredients:

- ½ teaspoon yeast
- 300g strong white flour
- 1 tablespoon olive oil
- 1 teaspoon salt
- 170 ml water

Pre-heat oven to  
180 degrees  
before cooking

## Toppings:

- Tomato sauce (pizza sauce works best!)
- Grated Mozzarella (or cheese of your choice)
- Any toppings you like eg:
  - Pepperoni
  - Ham
  - Olives
  - Peppers
  - Chicken
  - Sweetcorn

## Method:

1. Mix all of the ingredients for the dough together in a large mixing bowl. Use a wooden spoon to begin with, then your hands until it is consistent  
→ Alternatively you can use a bread maker or stand maker
2. Divide the dough into two equal portions, put in a bowl and allow to prove for approx.. 20 minutes in a 40°C cupboard.
3. Push the dough with your hands NOT ROLLING PIN!. Aim for a circle shape and be careful not to overwork it.
4. Add a thin layer of tomato sauce to the pizza going to the edge, sprinkle cheese on top and then add your toppings.
5. Place the pizza on a pizza stone or baking tray with greaseproof paper
6. Cook until the cheese is golden and the base is slightly crispy

ENJOY!

# Chicken Fajitas

## Ingredients:

- 1 red pepper
- 1 red/white onion
- 2 chicken breast (skinless)
- 1 teaspoon paprika
- 1 pinch ground cumin
- 2 limes
- Olive oil
- 4 small tortillas
- 150ml natural yoghurt
- 50g cheese

### For the Salsa:

- ½ to 1 fresh chilli
- 15 tomatoes
- 1 bunch of coriander (30g)
- 1 lime
- Extra olive oil

### For the Guacamole:

- Small handful of tomatoes
- Few sprigs of coriander
- A ripe avocado
- 1 lime

## Method

1. Put the pan on a high heat.
2. Slice the peppers, onion and chicken into fine strips (lengthways) and put into a bowl with paprika and cumin. Squeeze the lime juice, add 1 tablespoon oil and season with salt and pepper. Mix well and put aside to marinate.
3. For the **Salsa**, finely chop the chilli, tomatoes and the coriander then place in a bowl with a pinch of salt and pepper. Squeeze over the juice and stir together.
4. Next place the pepper, onion and chicken into the pan and cook for 6-8 minutes, until the chicken is golden. Keep turning so it doesn't burn.
5. To make the **Guacamole**, chop the tomatoes, chilli and coriander leaves. Destone the avocado, discard the skin and mash in a bowl. Add the tomatoes, chilli and lime juice then mix to make a paste texture.
6. Warm the tortillas in the microwave, squeeze the remaining lime over the pan then equally divide the vegetables and chicken on the wraps.
7. Serve with natural yoghurt, guacamole, grated cheese and salsa.

ENJOY!

# Lasagne

Pre-heat oven to  
180 degrees before  
starting

## Lesson One – Ragu Sauce

### Ingredients:

- 250g lean minced beef/pork/turkey
- 1 clove of garlic
- 1 onion
- 20ml tomato puree
- 1 x 227g can of chopped tomatoes
- 1 stock cube made up to 50ml stock
- 5ml oregano
- Salt and pepper

### Method:

1. Cut the onion and crush or chop the garlic
2. Dry fry the mince, then add the onion and garlic. Cook until the onion is tender.
3. Add the tomatoes, stock, oregano and tomato puree then stir
4. Bring to the boil and then simmer, stirring occasionally for 20 minutes or until the liquid has reduced to make a fairly thick sauce. Season and then set aside to be chilled ready for the next stage.

## Lesson One – Béchamel sauce and assembling

### Ingredients:

- 250ml semi-skimmed milk
- 25g butter or margarine
- 25g plain flour
- 30g grated cheese (approximately)
- Lasagne sheets
- Sauce from Lesson 1
- Seasoning

### Method:

1. Make the white roux sauce. Melt the butter and the flour and cook for 2 minutes, Add the milk very gradually and whisk until the sauce is thick. Remove from the heat.
2. Add 30g of grated cheese and season, mixing with a whisk
3. Layer up the lasagne: Make alternative layers using the Ragu sauce, lasagne sheets and Béchamel sauce. Top with the Béchamel sauce and extra cheese.
4. Bake at 180°C for 30 minutes, until the top is golden brown.

ENJOY!

# Burger & Chips

## Ingredients:

- 675 minced beef
  - 1 small onion finely diced
  - 4 tablespoon fresh parsley
  - 1 egg beaten
- For the burger
- 75g soft cream cheese
  - 3 tablespoon chopped chives
- Filling
- 3 potatoes
  - Salt & pepper
- For the chips
- Salad
  - Burger buns
  - Extra cheese slices
  - Onion rings
- Extras

## Method:

- 1 Preheat the oven to 180°C
- 2 In a large bowl mix together the burger ingredients.
- 3 Divide the mix into 8 equal portions and flatten into a burger shape. Then mix the filling ingredients together and split into 4. Place these on top of the 4 of the burgers.
- 4 Next place the other 4 burgers on top and pinch together the edges. Chill the burgers whilst cooking the chips.
- 5 Oil a tray and place it in the oven to heat up the oil.
- 6 Chop the potatoes into chip shapes and boil for 5-7 minutes.
- 7 Place the boiled chips on the oil tray (**caution: hot**) and bake the chips for 20-30 minutes, turning the chips regularly.
- 8 If you are cooking onion rings, add them in too.
- 9 Next grill the burgers for 8-9 minutes each side or until cooked all the way through/
- 10 Serve the burger with toasted burger buns and salad.

**ENJOY WITH THE CHIPS!**