Rawmarsh Cook Book

Dish	Celery	Cereal containing gluten (rye, wheat, barley, oats)	Crustaceans (prawns, crabs, lobster)	Eggs	Fish	Lupin	Milk	Molluscs (such as mussels, oysters)	Mustard	Peanuts	Sesame	Soybeans	Sulphur dioxide and Sulphites	Tree nuts (almonds, brazil, walnuts, hazelnuts, cashew, pecans, pistachios, macadamia)
Garlic Bread		/					/							
Pitta bread/wrap sandwich and salad		/		/	/								/	
Club sandwich, Nachos and salsa	/	/		/	/								/	
Sauasge Roll		/		/			/						/	
Cheese Twist		/		/			/							
Bread		/					/							
Cheese and Tomato Pizza		/					/							
Apple Crumble		/												
Gingerbread		/												/
Muffins (plain or Chocolate)		/		/			/							
Banana Bread		/		/									/	
Victoria Sponge		/		/			/							
Scone		/		/			/							
Ginger Snaps		/												/
Easy Peasy Ice Cream							/							
Butterfly Cupcakes		/		/			/							
Milkshakes Strawberry							/							
Meringue christmas trees		/		/						/				
Cookies		/		/			/							
Shortbread		/												
Cheesecake		/					/							

Allergen Matrix

Respectful Resilient Safe

ROTHERHAM ASPIRE PUPIL REFERRAL UNIT

Content Page

Savoury

- Garlic Bread
- Cheese and tomato pizza
- Club sandwich, nachos and salsa
- Pitta bread/wraps and salad
- Cheese twists
- Sausage rolls
- Bread

Sweet

- Apple crumble
- Gingerbread
- Muffins (plain or chocolate)
- Banana bread
- Victoria sponge
- Scone
- Ginger snaps
- Easy peasy ice cream
- Butterfly buns
- Milkshake (strawberry)
- Meringue Christmas trees
- Cookies
- Shortbread (plain or chocolate)
- Baseless cheesecake

Garlic Bread

INGREDIENTS

- 350g flour
- 2 ¾ teaspoon baking powder
- 1 tsp salt 1 tablespoon oil
- 170 ml water
- 1 teaspoon of garlic puree or 1 clove of garlic chopped

METHOD

1. In a small bowl, mix the dry ingredients together.
2. Slowly add the oil and 170ml water.
3. Add the garlic to the mixture and stir in well
4. Gradually stir until it forms a ball (you may need to use your hands). It should be soft but not sticky. If your dough isn't the required consistency, what could you add?
5. Knead on a floured surface for 3-4 minutes.
6. Carefully roll into 2 balls, then flatten out. Add your toppings and then bake on a baking sheet for around 15 minutes.

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Pitta Bread/Wrap and Salad

INGREDIENTS

- 1 or 2 pack of pitta breads (6) or wraps (8)
- 1-2 Fillings of your choice
- 4 slices of ham
- 1 tin Tuna
- 50g of grated cheese (4 slices)
- 4 slices of chicken meat
- Salad choice
- 1 sliced tomato
- ½ shredded Lettuce
- ¼ sliced Cucumber
- ½ chopped Onion
- Spoonful of mayonnaise or salad cream

METHOD

1. Prepare the salad by chopping the tomato, cucumber and onion and place in a bowl.
2. Shred the lettuce into strips and add to the rest of the salad and stir together.
3. Depending if you are using pitta breads, toast the pitta bread for a minute, turning them over to top and bottom. Once toasted cut in half and fill the inside with salad and choice of filling and sauce (or plain).
4. If using a wrap, spread one spoonful of sauce onto the middle of the wrap. Take a handful of salad and place in the middle of the wrap.
5. Take a filling or two of your choice and place on top of the salad.
6. From the bottom, turn up towards the middle, then fold one side over and roll.
7. Then serve.

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Club Sandwich, Nacho and Salsa

INGREDIENTS

Club Sandwich

- 2 slices of wholemeal bread
- 4 slices of white bread
- 1 tablespoon of mayonnaise
- 1 tablespoon of lemon juice
- 100 ml of milk
- 50g shredded lettuce
- 1 tomato (sliced)
- 2- 3 slices of cucumber
- 2 fillings of your choice
- 2 slices of ham
- Tuna
- 2 slices of cheese (sliced or grated)
- 2 slices of chicken meat

METHOD-club sandwich

1. Lightly toast the bread on both sides in a toaster. Cut off the crusts.
2. In a small bowl mix together the mayonnaise and lemon juice. Stir in the shredded lettuce.
3. Spread 2 slices of white toast with half of the lettuce and mayonnaise mixture.
4. Place your choice of fillings on top of each. Top with the wholemeal bread, spread the remaining lettuce and mayonnaise.
5. Add some slices of tomato and cucumber. Top with the remaining white toast.
6. Cut each sandwich into 4 triangles.

INGREDIENTS

Nacho

- 1 pack of nachos
- 50g mozzarella cheese (grated)
- 50g cheddar cheese (grated)

Salsa

- 350g tomatoes
- ½ chopped onion (red)
- ½ lemon juice
- 1 teaspoon chilli powder

METHOD-Nacho and Salsa

1. Cut the tomatoes in half and remove seeds, then dice.
2. Place in a bowl and stir in all of remaining salsa ingredients.
3. Place nachos on a large baking tray and spoon over the salsa.
4. Scatter the cheese. Place in the oven for 3-4 minutes until cheese is melted.

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Sausage Rolls

INGREDIENTS

- 6 sausages
- 320g sheet of puff pastry
- 1 beaten egg

METHOD

- Preheat the oven to 190°C.
- Using scissors, split the skins of the sausages and remove the meat.
- Layout the puff pastry onto a clean, dry surface.
- With a knife, cut the pastry into six even squares.
- Place the sausages in the centre of each piece of pastry.
- With a pastry brush, brush the beaten egg onto the pastry around the sausages.
- Fold the pastry over the sausage, wrap tightly, and transfer onto a baking tray that is lined with baking paper.
- Brush the pastry with more egg wash. Very lightly score the sausages rolls with a knife to create small lines across the top of each.
- Place on a tray and put the sausage rolls into the oven for 30-40 minutes, or until the pastry is puffed and golden brown.

Cheese Twist

INGREDIENTS

- 50g butter
- 50g lard
- 225g plain flour
- 100g grated cheddar cheese
- ½ tsp garlic powder
- 1 egg
- Cold water, for mixing

METHOD

1. Preheat the oven to 210°C and line a baking tray with baking paper.
2. Sift the flour into a mixing bowl, with your fingers rub the butter and lard until the mixture is crumbly.
3. Add the cheese to the mixture and mix well.
4. Separate the egg yolk from the egg white. Add the yolk into the bowl and add enough cold water for the mixture to form a dough.
5. Roll the dough out and cut it into thin strips. Twist each strip by spinning one end and keeping the other end still. Place them onto the baking tray and brush with the leftover egg white.
6. Slide the tray into the oven, and bake for 10 minutes.
7. Store in an airtight container.

Cheese and Tomato Pizza

INGREDIENTS

- 350g flour
- 2 ¾ teaspoon baking powder
- 1 tsp salt 1 tablespoon oil
- 170 ml water
- 25g grated cheese
- 2 tablespoons of tomato puree

METHOD

1. In a small bowl, mix the dry ingredients together.
2. Slowly, add the oil and 170ml water.
3. Gradually stir until it forms a ball (you may need to use your hands). It should be soft but not sticky. If your dough isn't the required consistency, what could you add?
4. Knead on a floured surface for 3-4 minutes.
5. Carefully roll into 2 balls, then flatten out. Add your toppings and then bake on a baking sheet for around 15 minutes.

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Bread

INGREDIENTS

- 500g strong flour
- 2 teaspoons salt
- 300 ml water
- 7g dried yeast (1 packet)
- 3 tablespoons of olive oil

METHOD

1. Preheat oven to 220oc.
2. Sieve flour, salt and yeast into a bowl. make a well in the centre and add the oil and water.
3. Mix the wet and dry ingredients together to form a dough. Add a little more water if the mixture is stiff.
4. Tip the dough out onto a lightly floured surface and knead the dough, for 50-10 minutes, until smooth.
5. Put the dough in a bowl, covered with cling film, for around an hour or until doubled in size. Knock back the dough and divide into 12 equal dough balls.
6. Bake for 25-30 minutes, remove from oven and allow to cool on a cooling rack.

Apple Crumble

INGREDIENTS

- 125g plain flour
- 50g butter, cubed
- 50g golden caster sugar
- 450g apples, peeled, cored and sliced

METHOD

1. Preheat the oven to 160°C.
2. Place the flour in to a mixing bowl and add the cubed butter. With your fingertips, rub the butter into the flour to create a mixture that looks like breadcrumbs.
3. Add half of the sugar and stir well, then leave to one side.
4. Place half of the apples into a pie dish and sprinkle them with the remaining sugar. Add the rest of the apples into the dish.
5. Sprinkle the apples with the crumble mixture.
6. Slide into the oven and bake for 45 minutes.
7. Remove from oven and allow to cool.

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Gingerbread

INGREDIENTS

- 200g plain flour
- 75g brown sugar
- 75g butter
- 3 tablespoons of golden syrup
- 3 tablespoons of ground ginger
- ½ tablespoon bicarbonate of soda
- Optional- icing for decorating

METHOD

1. Weigh the flour and put it into the bowl.
2. Measure the ginger, bicarbonate of soda and put it into the bowl and mix together.
3. Weigh the sugar, butter and golden syrup and put it into the bowl, then mix together.
4. Knead all the together with a spoon until the dough is smooth.
5. Flour the work surface, and flatten the mixture. Using a rolling pin with flour, roll out to about 1cm thick. Cut out the biscuits to the shape of your choice.
6. Place the gingerbread onto a greased baking tray and cook for 10 minutes.
7. Remove from the oven and leave on a cooling rack to cool.

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Muffin (chocolate or Plain)

INGREDIENTS

- 250g self raising flour and 50g cocoa for double chocolate
- 275g self raising flour for plain
- 2 teaspoons of baking powder
- 100g caster sugar
- 60g soft light brown sugar
- 2 eggs, beaten
- 185ml whole milk
- 1 teaspoon of vanilla extract
- 150g chocolate or white drops

METHOD

1. Preheat oven to 180°C and place twelve muffin cases into a muffin tray.
2. In a bowl mix flour, baking powder, (cocoa powder, if chocolate) and sugars together.
3. In a jug, beat the eggs and milk together.
4. Make a well in the flour mixture and pour in the eggs and milk, as well as the vanilla extract. Mix all the ingredients together to form a smooth batter.
5. Fold in the chocolate or white drops and stir well.
6. Evenly spoon the mixture into the muffin cases, then place in the oven for 20 minutes or until they have risen and the top springs back.
7. Remove from the oven and allow to cool on a cooling rack.

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Banana Bread

INGREDIENTS

- 125g butter, softened
- 125g soft light brown sugar
- 2 teaspoons baking powder
- 225g plain flour
- 2 eggs, beaten
- 3-4 bananas, peeled and mashed

METHOD

1. Preheat the oven to 160°C.
2. Lightly butter the inside of a loaf tin and line with baking paper, or use a silver foil tray.
3. In a mixing bowl, beat together the butter and sugar until fluffy.
4. Add the baking powder, half of the flour, half of the eggs and half of the bananas. Carry on mixing with a spoon until all is mixed well. Then add the remaining ingredients to finish the batter.
5. Spoon the batter into the loaf tin/silver foil tray and shake until the mixture is levelled out. Place in the oven and bake for 40-45 minutes, or until the knife inserted comes clear.
6. Once cooked, leave to cool if in the foil tray or leave for 10 minutes in the loaf tin before transferring to a cooling rack.

Victoria Sponge

INGREDIENTS

- 3 eggs
- 175g margarine
- 175g castor sugar
- 1 capful of vanilla extract
- 175g self raising flour

FILLING

- 6 tablespoons of raspberry jam
- 150ml double cream
- Icing sugar for dusting

METHOD

1. Preheat oven to 160°C. Grease and line two cake tins with butter and baking paper.
2. Place the margarine, sugar and vanilla extract into a bowl and beat together until creamy.
3. Gradually beat the sugar to the mixture a couple of spoons a time. Beat for about a minute until the mixture has turned light and fluffy.
4. Break the eggs into a jug and beat together with a fork. Add the mixture and continue to beat.
5. Sift the flour into the mixing bowl and gradually fold, like a figure of 8, into the mixture.
6. Pour the batter evenly between the two cake tins and evenly spread it out. Bake for about 20-25 minutes or until the middle springs back.
7. Remove the cakes from the oven and remove from the cake tins onto a cooling rack and allow to cool. Make sure the cake is fully cool before adding the filling.
8. Add the jam evenly on to one side of the cake. Pour the cream into a bowl and whisk until it starts to thicken. Gentle spoon the cream onto the cake with the jam and spread evenly. Place the second sponge on top and sprinkle with icing sugar.

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Scone

INGREDIENTS

- 60g butter
- 250g self raising flour
- 2 teaspoons baking powder
- 30g caster sugar
- 1 egg
- Approx 150 ml milk

METHOD

1. Preheat oven to 220°C and line a baking tray with greaseproof paper.
2. Measure out the flour and baking powder into a bowl and mix together.
3. Cut the butter into small chunks and add to the flour.
4. Rub the butter into the flour with fingertips until mixture is fine breadcrumbs.
5. Add the sugar and mix together with the flour mixture.
6. In a jug, beat the egg then make up to 150ml with milk.
7. Pour the egg and milk mixture into the dry ingredients and mix to form a dough.
8. Knead the dough a little to bring the ingredients together, knead the dough so that the dough doesn't stick.
9. On a floured surface, roll out the dough to approx. 1cm thick, then cut out your scones with a 5cm round cutter. Keep cutting until no dough is left.
10. Place on a baking tray, brush with milk and bake in the oven for 10 minutes until golden brown.

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Ginger Snaps

INGREDIENTS

- 250g butter
- 400g plain flour
- 200g caster sugar
- 100g golden syrup
- 2 tablespoons ground ginger
- 1 tablespoon ground cinnamon
- 1 tablespoon baking powder

METHOD

1. Preheat oven to 150°C and line a baking tray with greaseproof paper.
2. Beat together the butter and sugar until soft and creamy.
3. Add the golden syrup and mix well.
4. Sift the flour, cinnamon and ginger into the bowl and mix together.
5. Scoop tablespoons of mixture and roll them into loose balls.
6. Place on the lined baking tray and gently press the tops, but do not flatten completely.
7. Bake in the preheated oven for 25-30 minutes.
8. Leave on the baking tray to cool completely.

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Easy Peasy Strawberry Ice Cream

INGREDIENTS

- 300 ml double cream
- 150ml condensed milk
- 200g fresh strawberries, with a few extra to garnish

METHOD

1. Mash the strawberries to a pulp.
2. Whisk together the condensed milk and cream until the mixture forms soft peaks.
3. Add the mashed strawberries to the cream mixture and fold in until well combined.
4. Turn the mixture into a sturdy container (an old ice cream tub is great). Garnish the top with some sliced strawberries.
5. Cover and freeze for at least 4 hours.

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Easy Peasy Ice Cream

INGREDIENTS

- 600 ml double cream
- ½ tin of condensed milk
- 2 teaspoons of vanilla extract
- Add fillings of your choice
- Fruit-strawberries, cherries, banana
- White or chocolate chips

METHOD

1. Put the condensed milk, cream and vanilla extract into a bowl.
2. Whisk by hand or with a electric whisk until it is quite stiff.
3. Scoop into silver foil trays and place lid on. Place in the freezer and allow mixture to set.
4. To add flavour, experiment and add a filling of your choice from the options provided.

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Butterfly Cupcakes

INGREDIENTS

- 160g unsalted butter, softened
- 160g golden caster sugar
- 3 egg, beaten
- 160g self raising flour
- 2 vanilla extract

Buttercream filling

- 160g unsalted butter, softened
- 270g icing sugar
- 1 teaspoon vanilla extract

METHOD

1. Preheat oven to 170°C.
2. In a mixing bowl, combine the butter, sugar, eggs, flour and vanilla extract. Beat all the ingredients together using a wooden spoon until batter is smooth.
3. Fill the muffin tin with paper cases and evenly spoon the batter into each case.
4. Bake the cupcakes in the oven for 20-25 minutes, until risen and golden.
5. Once cooked, transfer onto a cooling rack for 10 minutes.
6. Whilst cupcakes are baking, make the buttercream by beating the butter, icing sugar and vanilla extract using a fork.
7. Once baked, cut a circle out of the top of each bun making sure there is still a border. Cut each circle in half to make a butterfly.
8. Fill the hole with buttercream and then place the butterfly wings on top of the buttercream.

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Milkshake (strawberry)

INGREDIENTS

- 250ml of semi skimmed milk
- 2 scoops of vanilla ice cream
- 1 cup of strawberries (washed and halved)
- Toppings of your choice

METHOD

1. Put the milk and ice cream into a blender.
2. Add the strawberries.
3. Use the blender to mix until smooth.
4. Serve in a tall glass with a straw.
5. Add your favourite toppings. You could use rainbow sprinkles, whipped cream or strawberry sauce.

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Meringue Christmas Trees

INGREDIENTS

- 3 large egg whites
- 225g caster sugar
- 1 teaspoon cornflour
- 1 teaspoon of white wine vinegar
- A few drops of green food colouring (gel works best)
- Sprinkles
- Chocolate stars
- Icing sugar (for a paste and dusting)

METHOD

1. Preheat the oven to 140°C and line a baking tray with baking paper.
2. In a bowl, whisk egg whites until they form a stiff peak. Then add the caster sugar a tablespoon a time constantly whisking.
3. Blend the cornflour and vinegar, then whisk into the meringue mixture. Add the green colouring and continued whisking until combined. The mixture should be smooth and glossy. If needed add more food colouring, but not too much that it makes it runny.
4. Spoon the meringue into a piping bag with a star nozzle. Pipe the meringue into small circles, spiralling up and getting smaller as you do. Keep repeating until you run out of meringue, but leave space between trees.
5. Sprinkle the sprinkles over the top.
6. Bake in the oven for 1 hour, turn oven off and leave for another 1 hour. Remove from the oven and leave to cool.
7. Using a little blob of icing, attach the star on top of each tree. For an additional festive touch, sprinkle with a dusting of icing sugar.

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Cookie (Plain or Double chocolate)

INGREDIENTS

- 100g margarine
- 100g soft light brown sugar
- 100g granulated sugar
- 1 egg
- 1 teaspoon vanilla extract
- 165g plain flour- reduce flour by 25g for cocoa to be added
- ½ bicarbonate of soda

FILLING OPTIONS

- Chocolate drops (white or milk)
- Smarties
- Mini eggs

METHOD

1. Preheat the oven to 170°C and line two or three baking trays with baking paper.
2. In a bowl, cream the margarine and sugars together, until smooth.
3. Add the egg and vanilla extract and continue mixing until smooth.
4. Sift the flour and bicarbonate soda (cocoa powder if making double chocolate cookies) until everything is combined and the dough is stiff. Put the filling of your choice into the mixture and stir until everything is mixed in.
5. Using a tablespoon, scoop out the mixture into balls and with floured hands roll the dough into a ball before placing it on the baking tray. Make sure you leave an even space between each one.
6. Place the cookies in the oven for about 10-15 minutes until the mixture has spread out and is golden brown. The centre of the cookies should appear undercooked.
7. Carefully transfer cookies onto a cooling rack to cool and harden.

Shortbread (Plain or chocolate)

INGREDIENTS

- 300g self raising flour
- 250g margarine
- 125g castor sugar

Optional

- Add 30g cocoa for chocolate biscuits

METHOD

1. Preheat oven to 170°C and line two or three baking trays with baking paper.
2. Sift the flour (cocoa powder if chocolate) into a bowl to break down lumps.
3. In a separate bowl, cream the margarine and sugar together until light and pale.
4. Add the sugar and margarine mixture to the flour and stir together to form a dough.
5. With floured hands roll small balls of dough and place them on the baking tray. Space them evenly apart and flatten them down with the back of a fork.
6. Place in the oven for 5 minutes, then turn the temperature down to 150°C and bake for a further 15-20 minutes.
7. When the biscuits are firm on top, remove from the oven and transfer them to a cooling rack to cool.

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Baseless Cheesecake

INGREDIENTS

- 200g of chosen biscuit
- 400g soft cheese
- 400 g double cream
- 150g icing sugar
- 1 tsp vanilla extract
- Pack of silver foil trays

Alternative toppings/filling can be used

- 200g chocolate eggs (crushed)
- Chocolate (crushed or chunks)
- Fruit (sliced)
- Jam spread or lemon curd

METHOD

1. Mix cheese, icing sugar and vanilla extract in a bowl by hand.
2. In a separate bowl, beat the double cream with a whisk, by hand.
3. Once whisked combine with the cheese mix and divide into the foil trays evenly.
4. Decorate with crushed biscuits of choice.
5. If adding a filling, crush/slice fruit or chocolate then add half to the mixture and the rest for decoration on top. If jam or lemon curd swirl into the mixture for extra flavour.
6. Place in the fridge and allow to set.

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