Year 11 Main Course Cook Book

Allergen Matrix

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)
Pizza		/		/	/		/							
Spaghetti Bolognese	/	/		/									/	
Tacos	/			/			/		/				/	
Carbonara	/	/		/			/							
Lasagne	/	/		/			/							
Chicken Curry	/			/			/		/			/	/	/
Vegetable Curry	/		/	/					/			/		/
Fish Curry	/		/		/		/		/				/	/
Fish Pie					/		/						/	
Fish Cakes		/		/	/		/		/					
Fish Fingers		/		/	/				/					
Fish and Chips		/			/				/					
Quiche	/	/		/			/							
Sausage Rolls		/		/			/						/	
Pies (meat or vegetable)	/	/		/			/		/				/	
Pastries		/		/			/						/	/

ROTHERHAM ASPIRE
PUPIL REFERRAL UNIT

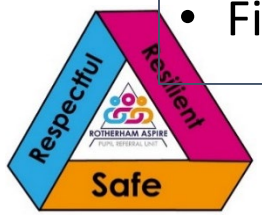
Content Page

- Italian Dishes
- Pizza
- Spaghetti Bolognese
- Tacos
- Carbonara
- Lasagne

- Curry Dishes
- Chicken
- Vegetable
- Fish

- Fish Dishes
- Fish Pie
- Fish Cakes
- Fish Fingers
- Fish and Chips

- Pastry Dishes
- Quiche
- Sausage Rolls
- Pie (meat or vegetable)
- Pastries



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Pizza

INGREDIENTS

For the dough

- 300g/10½oz strong white bread flour plus extra for dusting
- 2 tsp baking powder
- ½ tsp sea salt
- 2 tsp rapeseed oil
- 150–175ml/5–6fl oz. lukewarm water
- freshly ground black pepper

For the topping

- 120g/4½oz passata
- 1 tbsp. tomato puree
- ½ tsp dried mixed herbs
- ½ tsp sea salt
- 1 mozzarella ball, torn into small pieces
- 10 pepperoni slices
- 30g/1oz cheddar, grated

METHOD

- Preheat the oven to 200C/180C Fan/Gas 6 and place a large baking tray upside-down on a shelf.
- To make the dough, sift the flour and baking powder into a large bowl. Add the salt and a pinch of pepper, then stir in the oil. Make a well in the centre, stir in the warm water and mix to a soft dough, drawing the flour in from the side of the bowl a little at a time – you might need to add another 25ml/1fl oz. water if the dough is a little dry; you want it to be slightly sticky and soft.
- Tip the dough onto a lightly floured work surface and knead for 2 minutes, until smooth and springy.
- Place a sheet of greaseproof paper on the work surface, then dust with a little flour and place the dough on top of it. Carefully roll the dough out into a 30cm/12in disc, roughly the thickness of a pound coin. Pick the paper up and carefully slide it onto the hot baking tray in the oven. Bake for 3 minutes.
- Meanwhile, pour the passata into a bowl, then add the tomato purée, mixed herbs, sea salt, black pepper and mix.
- Remove the dough tray from the oven. Cover the base with the tomato sauce, using the back of a spoon, leaving a small gap around the edges of the dough. Scatter the mozzarella over the tomato sauce, then top with the pepperoni and cheddar (you can add any other toppings you fancy at this point – see tips below.)
- Bake for 15 minutes, or until the base has puffed up and is cooked through and the cheese is golden and bubbling. Cut into wedges and serve immediately.

Spaghetti Bolognese

INGREDIENTS

- 1 Onion
- 1 Clove of Garlic
- 1 Carrot
- 1 Celery Stick
- 1 Tablespoon of Oil
- 250g Minced Beef, Lamb or Turkey
- 400g Canned Chopped Tomatoes
- 1 Tablespoon Tomato Puree
- 100ml Water
- 1 Teaspoon Mixed Herbs
- Black Pepper
- 150g Spaghetti

METHOD

- Prepare the vegetables: Peel and chop the onion, Peel and crush the garlic, peel and slice the carrot, finely slice the celery.
- Fry the onion, garlic, carrot and celery in the oil.
- Add the meat and cook until the mince is lightly browned.
- Add the tomato, tomato puree, mixed herbs and water and mix all the ingredients together. Add a few twists of black pepper.
- Bring to the boil, simmer for 20 minutes.
- Meanwhile place the spaghetti in a separate saucepan of boiling water. Cook for 10 - 12 minutes or until the spaghetti is al dente (tender).
- Drain the boiling water away from the spaghetti into a colander in the sink.
- To serve pour some of the Bolognese sauce over the spaghetti.

- Top Tips: Try serving your spaghetti Bolognese with parmesan cheese and fresh basil. For a vegetarian option swap the minced beef for veggie mince or lentils.

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Tacos

INGREDIENTS

- 450 gram (1 pound) minced beef
- 1 medium onion, finely chopped
- 1 teaspoon plain flour
- 150 millilitre (1/4 pint) beef stock
- 2 teaspoon Mild Chilli Powder 38g
- 1 teaspoon Oregano
- 1/2 teaspoon Garlic Granules
- 1/2 teaspoon salt
- 1 tablespoons tomato purée
- 1 small green pepper, diced
- To serve:
- 12 taco shells
- Shredded lettuce and chopped tomatoes
- Soured cream, mayonnaise or grated cheese

METHOD

- Fry the minced beef and onion until browned. Add the flour and cook for 1 minute, stirring.
- Blend in the stock, seasonings and tomato purée. Add the green pepper and bring to the boil, stirring. Simmer, uncovered, for 15-20 minutes or until almost all the liquid has evaporated. Stir occasionally.
- Divide the mince mixture between the taco shells, top with lettuce and tomato and finish with a little soured cream, mayonnaise or grated cheese.

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Carbonara

INGREDIENTS

- 400g spaghetti
- 1 tablespoon olive oil
- 200g bacon, cut into thin strips
- 1 garlic clove, peeled and finely chopped
- 4 egg yolks
- 50g grated Parmesan
- 50ml full-fat milk
- salt and pepper

METHOD

- In a large saucepan of salted boiling water, cook the spaghetti according to the packet instructions.
- Meanwhile, heat a large frying pan over a medium heat. Add the oil and once hot, add the bacon and fry for 2–3 minutes, or until cooked through but not colouring.
- Add the garlic and cook for a further minute and then remove the pan from the heat.
- In a bowl, mix together the egg yolks, three-quarters of the parmesan (or pecorino) and the milk. Season with a pinch of salt and pepper. Mix well.
- Once the spaghetti is cooked, drain it, reserving a teacup of the cooking water. Pour the drained spaghetti into the frying pan (still off the heat) with the bacon and garlic. Immediately pour over the egg mixture and mix really well, tossing the pasta so that it is all coated in the egg. If it looks to be getting too thick or sticky then loosen with a little of the pasta cooking water.
- Serve immediately sprinkled with the remaining cheese.

Lasagne

INGREDIENTS

- 1 onion
- 1 clove garlic
- 1 carrot
- 1 x 15ml oil
- 250g lean minced beef
- 400g canned chopped tomatoes
- 1 x 15ml spoon tomato puree
- 100ml water
- 1 x 5ml spoon mixed herbs
- Black pepper
- 6 lasagne sheets (oven cook)
- 25g butter/soft spread
- 25g plain flour
- 300ml semi-skimmed milk
- 50g Cheddar cheese

METHOD

- Preheat the oven to 190°C or gas mark 5.
- Prepare the vegetables:
  - peel and chop the onion
  - peel and crush the garlic
  - peel and slice the carrot
- Fry the onion, garlic and carrot in the oil.
- Add the meat and cook until the mince is lightly browned.
- Add the tomatoes, tomato puree, mixed herbs and water and mix all the ingredients together. Then add a few twists of black pepper.
- Bring to the boil, then simmer for 20 minutes.
- While the meat is cooking, make the sauce:
  - place the butter or soft spread, flour and milk into a small saucepan
  - bring the sauce to a simmer, whisking it all the time until it has thickened
  - reduce the heat and simmer for 2 minutes
  - grate the cheese and stir in (leave a little to sprinkle on top).
- In an ovenproof dish or foil tray, spread some meat mixture in the bottom, cover with lasagne sheets and a little cheese sauce. Repeat this, finishing with the sauce on top.
- Sprinkle the remaining grated cheese on top and bake for 20 minutes.

Top tips:

- For a vegetarian alternative, use lentils or mixed beans instead of the minced beef.
- Why not try using lasagne sheets flavoured with spinach?

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Chicken curry

INGREDIENTS

- 6 spring onions
- 3 garlic cloves
- 2 tablespoon vegetable oil
- half a 400g tin chopped tomatoes
- 2 tablespoon curry powder
- 1 teaspoon ground ginger
- 400g boneless skinless chicken thigh, cut into 2.5cm pieces
- 100ml Greek-style natural yoghurt, plus extra to serve
- salt and pepper

To serve

- 200g long grain rice

METHOD

- Thinly slice the spring onions, reserving a handful of the sliced green parts for garnish. Peel and chop the garlic. Heat the oil in a large saucepan over a medium heat and cook the spring onions and garlic for a few minutes. Add the tomatoes, curry powder and ground ginger and cook for 3-4 minutes. If the pan gets dry add a splash of water and make sure the spices don't burn.
- Add the chicken and cook for 5 minutes. Make sure all the chicken is coated and is beginning to brown on the sides.
- Add 250ml/9fl oz. water and bring to the boil. Reduce to a medium - low heat and cook for 10-15 minutes, or until the chicken is cooked through with no sign of pink juices in the middle of the pieces.
- While the chicken is cooking, prepare the rice. Pour the rice into a saucepan and rinse it under the cold tap to take away any cloudy starch. Drain the cloudy water away. Add clean water for cooking the rice. You need almost twice as much water as rice. (If you use a mug of rice, add a little less than two mugs of water). Bring to the boil then reduce the heat to a low simmer. Cover with a lid and cook very gently for 10 minutes. Remove from the heat and leave to stand with the lid on for 10 minutes. This will finish cooking the rice. Keeping the lid on is important, so none of the steam escapes.
- Take the curry off the heat, stir in the yoghurt then season with salt and pepper. Serve the curry with the rice and garnish with a drizzle of yoghurt.

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Vegetable Curry

INGREDIENTS

- 1 large potato, peeled and cut into 2cm cubes
- 1 small butternut squash, peeled, deseeded and cut into 2cm cubes
- 1 aubergine, cut into 2cm cubes
- 6 tablespoon tikka masala curry paste
- 3 tablespoon vegetable oil
- 2 onions, finely sliced
- 700g tomatoes, roughly chopped (or 2 x 400g tins chopped tomatoes)
- 400ml tin coconut milk
- 2 red peppers, thickly sliced
- 2 courgettes, cut into 2cm cubes
- few coriander sprigs, to serve
- salt and freshly ground black pepper

To serve

- 200g/7oz long grain rice

METHOD

- To make the curry, preheat the oven to 200C/180C Fan/Gas 6.
- Put the potato, squash and aubergine into a large roasting tin and coat with 2 tablespoons of the masala paste and 2 tablespoons of the oil. Season with salt and pepper and roast for 30 minutes.
- Heat the remaining oil in a large saucepan over a medium heat and fry the onions for 10 minutes, until soft and golden brown. Stir in remaining masala paste and cook for a further 3 minutes. Add the tomatoes, coconut milk and 100ml/3½fl oz. water. Bring to the boil and simmer for 10 minutes.
- Add the roasted vegetables to the pan, along with the peppers and courgettes and simmer for 10–15 minutes, until tender.

Fish curry

INGREDIENTS

- 2 tablespoons red or green curry paste (use mild or spicy based on preference)
- 1 can (400ml) coconut milk
- 300g white fish fillets (such as cod, haddock, or tilapia), cut into chunks
- 2 ripe tomatoes, chopped
- 1 small bunch fresh coriander, chopped (including stems and leaves)

METHOD

Prepare the Ingredients

- Chop the tomatoes and fresh coriander, keeping the stems separate from the leaves.

Cook the Curry Paste

- In a large frying pan or shallow saucepan, add the curry paste and cook over medium heat for 1-2 minutes, stirring, until the paste becomes fragrant.

Add the Coconut Milk and Tomatoes

- Pour in the coconut milk and add the chopped tomatoes and coriander stems. Stir well to combine and bring the mixture to a gentle simmer.

Add the Fish

- Carefully add the fish chunks to the curry. Simmer gently for 6-8 minutes, or until the fish is cooked through and flakes easily with a fork. Stir occasionally but handle the fish gently to avoid breaking it apart.

Serve

- Once the fish is cooked, turn off the heat and garnish with the coriander leaves. Serve immediately with steamed rice or naan for a complete meal.

Fish Pie

INGREDIENTS

- 3 large potatoes
- 25g butter or soft spread
- 100ml semi-skimmed milk

White Sauce

- 25g butter or soft spread
- 25g plain flour
- 250ml semi-skimmed milk
- Parsley
- 250g fresh or frozen fish, e.g. cod, haddock
- 2 tomatoes

METHOD

- Preheat the oven to 200ºC or gas mark 6.
- Prepare the mashed potato topping:
  - peel the potatoes, cut into large pieces and boil for 15 minutes or until tender.
- While the potatoes are cooking, make the sauce:
  - melt 25g of the butter in a saucepan
  - add the flour and mix to form a paste
  - gradually add the milk, stirring constantly with a whisk. The sauce will become thick
  - reduce the heat, and allow to simmer for 2 minutes. Add parsley.
- Drain the potatoes and add the butter and milk.
- Mash until smooth and creamy.
- Place the fish in the bottom of a baking dish.
- Place the tomato over the fish.
- Pour the sauce over the fish.
- Spoon the mashed potato over the sauce.
- Bake for 40 minutes in the oven, until golden brown.

Fish cakes

INGREDIENTS

- 4 oatcakes
- 200g mashed potato, cooled
- 100g cod, cooked and bones removed
- 60g frozen mixed vegetables
- Small handful of parsley leaves

METHOD

- Preheat oven to 220°C or gas mark 7.
- Grease or line a baking tray.
- Crush the oat cakes in a food bag and tip onto the plate.
- Place the potato, fish and frozen vegetables into the bowl.
- Tear the parsley leaves in to small pieces.
- Mix everything together.
- Divide the mixture into four.
- Shape each portion into a cake (or a fish).
- Press each side of the cake into the crushed oatcakes.
- Place on the baking tray.
- Bake for 20-25 minutes.

Top tips:

- Make them zingy! Add a little grated lemon or lime zest to your fish cake mixture.
- Swap the cod for smoked haddock.
- Serve the fish cakes with a crispy salad.
- Instead of oatcakes, why not try other savoury biscuits such as crackers?

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Fish fingers

INGREDIENTS

- ½ lemon
- 8 x 15ml spoon wholemeal breadcrumbs
- black pepper
- 1 salmon fillet or cod
- 2x15ml spoon plain flour
- 2x15ml spoon, low fat plain yogurt

METHOD

- Preheat oven to 200C or gas mark 6.
- Zest the lemon.
- Mix the breadcrumbs with the lemon zest and some black pepper.
- Remove the skin from the salmon if necessary.
- Cut the salmon fillet into 'fingers'.
- Dust the fingers in the flour.
- Dip the fingers into the yogurt.
- Roll the fingers in the breadcrumbs.
- Place on the baking tray and bake for 10-15 minutes.
- Serve.

Top tips:

- Cook the salmon without a coating – steaming is simple.
- Add extra flavour to the breadcrumbs; try parmesan, herbs, black pepper, lime zest or chilli.
- Frozen fish can often be cheaper than fresh fish. The fishmonger at your supermarket may also be able to recommend you a cheaper type of fish.
- Make your own breadcrumbs from stale bread. Any spare bread crumbs can be frozen.
- Double the recipe and freeze half for another time.

Fish and chips

INGREDIENTS

- 4 potatoes, scrubbed, each cut into 8 wedges
- 1 tablespoon vegetable oil
- 75g dried white or wholemeal breadcrumbs
- 1 egg, beaten with 2 tablespoon cold water
- 4 fillets skinless white fish, like haddock, cod or pollock

Swappable or optional

- 300g mushy peas
- 1 pinch ground black pepper (optional)

METHOD

- Preheat the oven to 200C (fan 180C, gas mark 6). Lightly grease a baking sheet with a little vegetable oil.
- Put the potato wedges into a roasting tin. Add the remaining vegetable oil and toss to coat. Season with black pepper. Transfer to the oven and bake for 35 to 40 minutes, turning them over after 20 minutes.

Information: Not peeling the potatoes means you get more fibre in your diet – and they're quicker to prepare.

- Meanwhile, sprinkle the breadcrumbs onto a large plate. Season with a little pepper. Dip each fish fillet in the beaten egg, then coat in the breadcrumbs. Place on the baking sheet, then transfer to the oven when you turn the potatoes, so that it cooks for 15 to 20 minutes. To check that the fish is cooked, it should flake easily when tested with a fork.
- Information: Look out for dried breadcrumbs flavoured with lemon or spices to add extra flavour to the fish, or add some finely grated lemon zest or a pinch of paprika to plain dried breadcrumbs.
- Heat the mushy peas in a saucepan, then serve with the fish and chips.

Quiche

INGREDIENTS

Short crust pastry

- 100g plain flour
- 50g butter or baking fat/block
- 2-3 x 15ml spoons water

Filling

- 2 eggs, large
- 125ml semi-skimmed milk
- 50g reduced fat cheddar cheese
- 1 tomato
- 2 rashers bacon (or 3 mushrooms and 1x5ml spoon oil)

METHOD

- Preheat the oven to 170ºC or gas mark 4.
- Grease a flan ring and baking sheet or a sandwich tin.
- Make up the shortcrust pastry:
  - sift the flour into a bowl
  - cut the baking fat into cubes and add to the flour
  - rub the fat into the flour until the mixture resembles breadcrumbs
  - add the water a spoonful at a time and mix until the dough comes together.
- Roll out the pastry, on a floured surface, and line the flan ring/sandwich tin.
- Prick the bottom of the pastry with a fork.
- Grill the bacon until crispy and slice, fry the mushrooms in the oil for 2-3 minutes.
- Place the bacon/mushrooms around the pastry base.
- Grate the cheese and whisk with the eggs and milk.
- Pour the egg mixture over the pastry base.
- Slice the tomatoes and place on top.
- Bake for 25-30 minutes, until golden brown and firm.

Top tips:

- Add canned tuna or smoked salmon bits and chopped cooked asparagus for a fancy dinner.
- Change the cheddar for goats' cheese and add sliced red pepper instead of bacon for a veggie quiche.
- To make it healthier you can choose reduced salt bacon and reduced fat cheese.

Sausage Rolls

INGREDIENTS

- 110g plain flour (4 tablespoons)
- Pinch of salt
- 75g hard margarine (frozen) Cold water to mix (approx. 4 tablespoons)
- 250g sausage meat
- ½ onion or 2 tbsp. onion chutney

Vegetarians can replace meat with meat free sausages, or cheese and onion

- 200g grated cheese,
- 1 egg
- 50ml cream
- onion

METHOD

- Sieve flour and salt into a bowl.
- Carefully grate margarine into the flour, dipping it into the flour to keep it firm.
- Gently mix fat into flour to coat it, using a knife, before adding enough water to make a dough. Do not over mix
- Roll pastry out so the width is the length of one sausage.
- Mash sausage meat in a bowl, then carefully place into the middle of the pastry.
- Cut diagonal lines through the pastry coming from the meat to the outside edge on both sides.
- Trim excess pastry from the top.
- Lift the individual strips of pastry and place across the meat on a diagonal, one strip from each side crossing them on top of the meat.
- Continue to cross the strips of pastry until all have been used and your meat is covered neatly. You should have a sausage plait in front of you.
- Place onto baking tray and glaze, place in the oven to bake for approx. 20 minutes, or until golden brown and meat reaches 75°C or above.

Creamy Chicken, ham and leek pie

INGREDIENTS

- 300ml chicken stock (1 stock cube dissolved in 300ml boiling water)
- 1 chicken breasts, skinned
- 75g butter
- 1 leeks, trimmed and cut into 1cm/½in slices
- 1 garlic clove, crushed
- 50g plain flour
- 150ml milk 100g piece thickly carved ham, cut into 2cm/1in chunks
- Salt and pepper
- 450g pack ready made pastry
- 1 free-range egg, to glaze

METHOD

- Heat the chicken stock in a lidded saucepan. Add the chicken breast and bring to a low simmer. Cover with a lid and cook for 10 minutes.
- Remove the chicken breasts from the water with tongs and place on a plate. Pour the cooking liquor into a large jug.
- Melt 25g of the butter in a large, heavy-based saucepan over a low heat. Stir in the leeks and fry gently for 2 minutes, stirring occasionally until just softened. Add the garlic and cook for a further minute.
- Add the remaining butter and stir in the flour as soon as the butter has melted. Cook for 30 seconds, stirring constantly.
- Slowly pour the milk into the pan, just a little at a time, stirring well between each adding. Gradually add 250ml of the reserved stock, stirring until the sauce is smooth and thickened slightly. Bring to a gentle simmer and cook for 3 minutes.
- Season the mixture to taste, with salt and pepper. Remove from the heat and stir in the cream. Pour into a large bowl and cover the surface of the sauce with cling film to prevent a skin forming. Set aside to cool.
- Preheat the oven to 200°C/Gas 6.
- Roll the pastry out on a lightly floured surface, turning the pastry frequently until around 5mm thick and 2cm larger than the pie dish.
- Cut the chicken breasts into 3cm pieces. Stir the chicken, ham and leeks into the cooled sauce. Pour the chicken filling into the pie dish. Brush the rim of the dish with beaten egg.
- Cover the pie with the pastry lid and press the edge firmly to seal against the dish. Trim any excess pastry.
- Make a small hole in the centre of the pie with the tip of a knife. Glaze the top of the pie with beaten egg. Bake on the preheated tray in the centre of the oven for 35–40 minutes, or until the pie is golden-brown all over and the filling is piping hot.

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Meat and potato pie

INGREDIENTS

- 200g plain flour (8 tbl spoons)
- Pinch of salt
- 50g margarine
- 50g lard
- Cold water to mix
- Milk to glaze

FILLING

- 4-6 potatoes
- Piece of onion
- ½ tin corned beef or steak chunks

METHOD

- Finely chop onion and place in a bowl. Add in corned beef.
- If using steak chunks fry them off with the onion.
- Peel and chop the potatoes. Bring to the boil until just turning soft. Add to the bowl of ingredients and mix the filling together.
- Place flour and salt in a bowl. Cut the lard and margarine into small pieces.
- Rub the fat into the flour until like breadcrumbs.
- Add enough water to make a firm, smooth dough. Knead very lightly until smooth.
- Flour a flat work surface and roll the pastry out into a large square.
- Cut two bases out to fit into two foil trays, then cut two lids to place on top.
- Place equal amounts of filling into each pastry base and place the lid on top, sealing with water. Brush the tops with milk and prick with a fork.
- Bake for 25-30mins on Gas 6 / 200°C until golden brown.

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Cornish or Cheese and onion pasty Pasties

INGREDIENTS

- 225g lean braising steak
- ½ onion
- 50g swede
- 1 small potato
- Black pepper
- 2 x 10ml spoon water
- 400g shortcrust pastry
- 1 egg

Or

- 1 chopped onion
- 150g grated cheese
- 400g shortcrust pastry

METHOD

- Preheat the oven to 180°C or gas mark 4.
- Prepare the filling ingredients:
  - dice the meat
  - peel and chop the onion
  - peel and chop the swede
- Put the meat, potato, onion, swede and water into the small bowl. Season with a few twists of black pepper.
- Mix everything together.
- Divide the pastry into four.
- Take one piece of the pastry and, on a lightly floured surface, roll it out. Place the small plate on top and cut around the plate to make a circle.
- Place 3 to 4 spoons of filling in the middle of the circle.
- Beat the egg in a small bowl.
- Brush the edges of the pastry with the beaten egg.
- Pull up the two opposite sides of pastry and pinch them together all the way along.
- Brush the pasty with a little beaten egg, then transfer it on to a baking tray.
- Repeat this with the remaining pastry and filling.
- Carefully, place the baking tray into the hot oven wearing oven gloves.
- Bake the pasties for one hour.
- Wearing oven gloves, remove the pasties from the oven. Place onto a cooling rack.

Top tips:

- Use a different chopping board and knife to cut the meat and vegetables.
- Use different fillings e.g. cheese and onion, or mixed vegetables.

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Year 11 Desserts Cook Book

Allergen Matrix

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)
Victoria Sponge		/		/			/							
Buns and Muffins		/		/			/						/	
Bakewell		/		/			/							/
Lemon Drizzle		/		/			/							
Jam Tart		/		/			/			/				/
Apple Pie		/		/			/						/	
Egg Custard		/		/			/							
Chocolate Éclair		/		/			/					/		
Cornflake Tart		/		/			/							/
Flapjack		/								/			/	/
Cookies		/		/			/			/			/	/
Shortbread		/												
Brownie		/		/			/							
Rocky Road		/					/						/	/
Crumble		/											/	
Cheesecake		/					/			/			/	/
Trifle		/		/			/						/	/
Smoothies							/						/	

ROTHERHAM ASPIRE
PUPIL REFERRAL UNIT

Content Page

- Sponge Dishes
- Victoria Sponge (various flavours)
- Buns
- Muffins
- Bakewell
- Lemon drizzle
-

- Pastry Dishes
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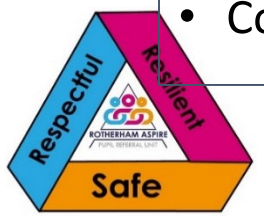
- Apple Pie
- Egg custard
- Chocolate eclairs
- Cornflake tart

- Treat Dishes
- Flapjack
- Cookies
- Shortbread
- Brownie
- Rocky road

- Easy Dishes
- Crumble
- Cheesecake
- Trifle
- Smoothies



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PUPIL REFERRAL UNIT

Victoria Sponge

INGREDIENTS

- 150g caster sugar
- 150g butter or soft spread
- 150g self-raising flour
- 3 eggs
- 1 x 5ml spoon baking powder
- 3 x 15ml spoon jam
- oil for greasing tins

METHOD

- Preheat the oven to 180ºC, gas mark 4.
- Grease and line 2 sandwich cake tins.
- Cream the sugar and butter/spread together using an electric hand whisk until light and fluffy.
- Crack the eggs into a small bowl and beat with a fork.
- Add the beaten egg a little at a time to the butter/spread and sugar.
- Sift the flour and baking powder into bowl or onto a plate or piece of greaseproof paper.
- Fold the flour and baking powder into the mixture, a spoon full at a time.
- Divide the mixture equally between the cake tins.
- Place in the oven and bake for 15 – 20 minutes, until golden brown and springy to the touch.
- Remove from the tins immediately and place on a cooling rack.
- Once completely cooled, spread the jam over the base of one cake.
- Place the other sponge on top and dust with icing sugar, if desired.

Top tips:

- When lining a sandwich cake tin it is only necessary to line the bottom of the tin. The sides can be greased with oil.
- For a tasty alternative, try using lemon curd instead of jam.

Buns

- **INGREDIENTS**
- 100g margarine (4 tablespoons)
- 100g sugar (4 table spoons)
- 100g S.R. flour
- 2 eggs
- Cupful of vanilla extract

METHOD

- Weigh out the margarine and sugar, creaming together until light and creamy.
- Beat the eggs together, then add a little at a time and beat well.
- Add vanilla essence and beat well.
- Weigh the flour, then sieve into the mixture and carefully fold a small amount each time.
- Half fill the bun cases with the mixture.
- Bake for 15-20mins on Gas 4 / 180°C until firm to touch and golden brown.

TOP TIP

- Substitute 25g flour of with cocoa to make chocolate buns.
- Experiment with different extract flavours and food colouring
- Add a filling in the middle before baking to give a soft melting centre.

ROTHERHAM ASPIRE
PUPIL REFERRAL UNIT

Muffins

INGREDIENTS

- 250g self raising flour
- 2 x 5ml spoons baking powder
- 100g caster sugar
- 230ml semi-skimmed milk
- 1 egg
- 60ml oil
- 150g canned fruit (in juice)

METHOD

- Preheat oven to 180°C or gas mark 4
- Mix all the ingredients together to form a smooth batter.
- Drain the juice from the canned fruit.
- Stir in the fruit.
- Divide the mixture equally between the muffin cases using 2 spoons.
- Bake for 20-25 minutes, until golden.
- Allow to cool on a cooling rack.

Top tips:

- Vary the type of fruit you use. Try bananas, cherries or blueberries. Go for fresh, frozen, canned or dried fruits.
- You can add white and chocolate chips and substitute flour with 25g cocoa to make them double chocolate
- Experiment with different spices, such as cinnamon, ginger or mixed spice.

ROTHERHAM ASPIRE
PUPIL REFERRAL UNIT

Bakewell

INGREDIENTS

Sweet Pastry

- 100g plain flour
- 75g margarine
- 1 tablespoon egg
- Pinch salt
- 25g sugar
- **Filling**
- Jam/lemon curd/chocolate spread

Bakewell Topping

- 50g margarine
- 50g sugar
- 1 egg
- 50g self raising flour
- 1 teaspoon almond essence

METHOD

Sweet pastry

- Sieve the plain flour and salt into a bowl.
- Rub in the margarine using fingertips.
- Add the egg and sugar.
- Add enough water to form a stiff dough.
- Roll out the pastry on a floured board and line a foil tray.
- Spread the filling of your choice onto the uncooked pastry.

Bakewell topping

- Cream the margarine and sugar into a bowl
- Add the egg.
- Add the flour and the almond essence.
- Spread the mixture onto the pastry base
- Bake in the oven for 20 – 30 minutes until golden brown.

Lemon Drizzle

INGREDIENTS

- 225g/8oz unsalted butter, softened, plus extra for greasing
- 225g/8oz caster sugar
- 4 free-range eggs
- 225g/8oz self raising flour
- 1 unwaxed lemon, zest and juice
- 85g/3oz icing sugar

METHOD

- Preheat the oven to 180C/160C Fan/Gas 4. Grease a 900g/2lb loaf tin with a little butter and line with baking paper.
- Put the butter and caster sugar into a food processor and blend for a few seconds. Add the eggs one at a time, blending after each addition. Add the flour and lemon zest and blend until smooth.
- Pour the batter into the lined baking tin, flatten the top with the back of a spoon and bake for 50–55 minutes.
- Meanwhile, stir together the lemon juice and icing sugar. When the cake has cooled a little, poke holes in the top using a skewer, chopstick or a piece of raw spaghetti. Drizzle over the icing, set aside for a few minutes, and serve.

ROTHERHAM ASPIRE
PUPIL REFERRAL UNIT

Jam Tart

INGREDIENTS

- 175g plain flour, plus extra for dusting
- 1 tablespoon caster sugar
- 85g fridge-cold butter, cubed
- 1 medium free-range egg yolk
- 1 tsp vanilla extract
- 125g raspberry, strawberry, blackcurrant or apricot jam

METHOD

- **Rub together-** Put the flour and butter in a large bowl and rub together until the mixture resembles fine breadcrumbs. Stir in the sugar.
- **Bring to a dough-** Beat the egg yolk with the vanilla extract and 2 tablespoons of cold water. Pour the mixture into the bowl. Stir it through with a cutlery knife, then bring the dough together with your hands – be careful not to overwork the dough. Wrap in cling film and chill for 30 minutes.
- **Roll out the pastry-** Heat the oven to gas 6, 200˚C, fan 180˚C. Lightly dust the work surface with flour and roll your pastry out until it is roughly the thickness of a pound coin. Use a fluted or straight 8cm pastry cutter to stamp out 12 pastry discs.
- **Cook's tip:** Any scraps of pastry can be rerolled, cut into hearts, leaves or stars and used to decorate the top of your tarts.
- **Fill-** Place the discs in a 12-hole fairy cake tin. Spoon 1-2 tsp of your chosen jam into each tart.
- **Bake-** Bake for 15 minutes until the pastry is golden and the jam bubbling. Allow to cool for a few minutes before carefully transferring them to a cooling rack to cool completely.

ROTHERHAM ASPIRE
PUPIL REFERRAL UNIT

Apple Pie

INGREDIENTS

- 350 gram (12 ounce) plain flour, sifted
- Sea Salt, pinch
- 75 gram (3 ounce) chilled butter, diced
- 75 gram (3 ounce) white vegetable fat or lard
- 75 millilitre (3 fluid ounce) chilled water
- 900 gram (2 pounds) cooking apples
- 50 gram (2 ounce) demerara sugar
- 1 egg, beaten

METHOD

- To prepare the pastry, place the flour in a large bowl and stir in the cinnamon and salt. Rub in the butter and white fat with your fingertips until the mixture resembles fine breadcrumbs. Make a well in the centre and add the chilled water. Bring the mixture together using a round bladed knife. Once it has come together, knead for a brief moment and place in a plastic bag in the fridge. Leave to rest for 30 minutes.
- Peel and core the apples. Cut them into large chunks and place them in a saucepan with the sugar and mixed spice. Cover with a lid and gently cook for 10 minutes until the apples have softened. Fold in the blackberries and remove the saucepan from the heat. Cool completely.
- Pre-heat the oven to 180°C, 350°F, Gas Mark 4. Remove the pastry from the fridge and roll out two thirds on a lightly floured surface. Grease and line a 20.5cm (8 inch) metal pie plate and place the rolled pastry in. Prick the base with a fork. Strain the fruit, reserving the juices and spoon the fruit mixture over.
- Roll out the remaining pastry and lay over the fruit. Lift back the edge and brush the base with a little egg and seal the edge. Trim and crimp the pastry edges. Brush the surface and make a couple of slits in the top. Scatter a little more demerara sugar over the pastry and bake for 35 minutes. Serve with ice cream or cream.

Egg Custard

INGREDIENTS

Sweet pastry

- 100g plain flour
- 75g margarine
- Pinch salt
- 25g sugar
- Cold water to mix

Egg Custard

- 2 eggs
- 25g sugar
- Capful of Vanilla Essence
- 125ml milk
- Grated Nutmeg

METHOD

- Weigh and sieve the plain flour and salt into a bowl.
- Rub in margarine using your finger tips.
- Add the sugar and mix together.
- Add enough water to form a stiff dough.
- Roll out the pastry on a floured board and line a foil tray.
- Using greaseproof paper and chick peas, bake blind for 10 minutes.
- For the custard, lightly whisk the eggs, sugar and vanilla essence in a bowl.
- Separately heat the milk until boiling and continuously stir as not to stick to pan.
- Removed from the heat add the eggs, sugar and vanilla to the hot milk and stir.
- Strain the mixture, using a sieve, into the pastry bases, grate the nutmeg.
- Bake in the oven for 30-45 minutes until the egg mixture is set.

Chocolate Eclair

INGREDIENTS

For the éclairs

- 75g unsalted butter
- 115ml water
- 115g plain flour, plus extra for dusting
- 3 free-range eggs
- 150ml double cream

For the sauce

- 50g caster sugar
- 50ml oz. water
- 25g dark chocolate, broken into pieces
- 13g butter

METHOD

- For the éclairs, place the butter and water into a pan and bring up to the boil.
- Once the butter has melted, take the pan off the heat and tip in all the flour. Beat well with a wooden spoon until the mixture comes away from the sides of the pan.
- Beat in the eggs one at a time until completely incorporated. Stir in the salt.
- Transfer the mixture to a piping bag and allow to cool for a few minutes. Preheat the oven to 200C/400F/Gas 6.
- Pipe about 3 lengths of pastry onto a floured baking sheet. The pastry will at least double in size as it cooks, so give the éclairs plenty of space to expand on the baking sheet.
- Transfer to the oven and bake the éclairs for about 30-40 minutes, or until golden-brown and firm.
- Remove from the oven and allow to cool completely.
- In a bowl, whip the cream until soft peaks form when the whisk is removed. Slice the éclairs in half lengthways and fill with cream.
- For the sauce, place the sugar and water into a pan and heat gently until the sugar has dissolved. Bring to the boil and boil for 4-5 minutes, or until it thickens. Take the pan off the heat and leave to cool for five minutes.
- Add the chocolate and butter to the pan and stir well until the chocolate has melted. Allow to cool, stirring occasionally. When the sauce has cooled and thickened, spread it on top of the éclairs and serve.

Cornflake Tart

INGREDIENTS

- 190g plain flour, plus extra for dusting
- 90g unsalted butter, cold and diced
- 1 tablespoon icing sugar
- 1 tablespoon milk

For the filling

- 60g unsalted butter, cut into small pieces
- 120g golden syrup
- 130g cornflakes
- 75g strawberry or raspberry jam or custard, to serve

METHOD

- To make the pastry, combine the flour, butter, icing sugar and salt in a food processor and blitz until the butter has broken down and the mixture looks like breadcrumbs. Drizzle in the milk and pulse until the pastry starts to come together.
- Tip the pastry out onto a work surface, bring together into a ball and pat down to form a disc. Wrap with cling film and chill for 30 minutes.
- Unwrap the pastry and roll out on a lightly floured surface, dusting with flour to prevent it sticking, until roughly 32cm/13in in diameter.
- Dust the pastry with some more flour and roll onto the rolling pin. Unroll it into a 24cm/9½in loose-bottomed tart tin. Gently press the pastry into the corners of the tin and leave any overhang of pastry. Chill the pastry-lined tart tin and preheat the oven to 200C/180C Fan/Gas 6.
- Once the oven is hot, remove the pastry from the fridge. Take a large square of baking paper, crumple it into a ball, then un-crumple and use it to line the pastry. Fill with baking beans and blind bake the pastry for 15 minutes.
- Remove the baking paper and baking beans from the tart tin. Return the tart tin to the oven for a further 5–10 minutes, until the base of the tart is lightly golden and the top edges are browned. While the pastry is still hot, trim away the overhanging pastry with a sharp knife.
- For the filling, heat the butter, golden syrup and salt in a saucepan over a medium heat until the butter has melted. Allow to come to the boil for 1 minute then remove from the heat.
- Add the cornflakes to the hot syrup, crushing a few handfuls as you add them. Stir until fully coated with the syrup.
- Spread the jam over the base of the cooked tart pastry. Scrape the cornflake mixture on top and press down to form an even layer.
- Turn the oven down to 180C/160C Fan/Gas 4 and bake the tart for 5–10 minutes until golden and smelling toasty. Leave to cool before slicing and serving with custard.

Flapjack

INGREDIENTS

- 75g dried apricots
- 150g oats
- 50g sugar
- 50g butter or soft spread
- 2 x 15ml spoons golden syrup

METHOD

- Preheat the oven to 180°C or gas mark 4.
- Chop the apricots into small pieces.
- Place the fat, sugar and syrup into a saucepan and gently heat until the fat has melted.
- Stir in the oats and apricots.
- Pour the mixture into a non-stick (or lined) baking tray.
- Pat down the mixture in the baking tin.
- Bake for 15 - 20 minutes, until lightly browned.
- Remove from the oven and cut into ‘bars’ in the baking tin while hot.

Top tips:

- Vary the type of dried fruit used, e.g. sultanas, figs, mixed fruit or plain flapjack.
- Add 1 x 15ml spoon cinnamon, ginger or mixed spice to the oat mixture.
- Go for grated fresh apple or carrot.
- The baking tin gets hot so remember to use oven gloves.

Cookie

INGREDIENTS

- 85g butter or soft baking spread
- 80g light brown soft sugar
- A few drops of vanilla extract
- 1 large egg
- 1 small ripe banana
- 175g self-raising flour
- 85g raisins
- 16 banana chips to decorate

METHOD

- Preheat the oven to 180°C or gas mark 4.
- Grease or line a baking tray.
- In a large bowl combine the fat, sugar and vanilla and beat together with a wooden spoon until light and fluffy.
- Beat the egg and add to the bowl.
- Peel and mash the banana and add.
- Mix all the ingredients together.
- Sift in the flour and add the raisins.
- Mix well until all the flour is incorporated.
- Using a spoon divide the mixture into 16 equal amounts and place on the baking tray leaving space in between each to allow for spreading during cooking. Top each cookie with a banana chip.
- Bake in the preheated oven for 8-10 minutes or until golden brown.
- Remove from the oven and leave to cool for 2-3 minutes before removing from the baking trays and transferring to a cooling rack to cool completely.

Top tips:

- Substitute the fruit for white and chocolate chips.
- To make them double chocolate substitute 25g flour with cocoa.
- These will store for 1-2 days in an airtight container.

Shortbread

INGREDIENTS

- 150g plain flour
- 100g butter or baking fat/block
- 50g caster sugar

METHOD

- Preheat the oven to 170°C or gas mark 3.
- Place the flour, sugar and fat into the bowl.
- Rub together firmly using your hands until the mixture forms a ball.
- Place the dough on a floured work surface and roll out the shortbread into a circle.
- Transfer onto the baking tray.
- Mark the shortbread into 8 pieces, prick with a fork and crimp the edges.
- Wearing oven gloves, place the baking tray into a hot oven.
- Bake the shortbread for 10 - 15 minutes, until golden brown.
- Wearing oven gloves, remove the shortbread from the oven. Allow to cool and then place onto a cooling rack.

Top tips:

- Add the zest of a lemon, lime or orange for an extra twist.
- Why not add some dried fruit or spice?

Brownie

INGREDIENTS

- 175g unsalted butter, diced
- 100g cocoa powder
- 3 free-range eggs
- 125g caster sugar
- 125g soft light brown sugar
- 1 tsp vanilla extract
- 85g plain flour

METHOD

- Preheat the oven to 170C/150C Fan/Gas 3½ and line a 20cm/8in square brownie tin.
- Put the butter and cocoa into a saucepan over a low heat, stirring frequently until the butter has melted. Remove from the heat and leave to cool for 2 minutes.
- Meanwhile, whisk the eggs, both sugars, vanilla and salt for about 2 minutes until pale. Add the cocoa and butter mixture and stir to combine.
- Sift the flour over the mixture and use a rubber spatula to mix thoroughly. Pour the mixture into the prepared tin, spread level and bake for 18–20 minutes until just firm to the touch. Leave to cool in the tin before cutting into squares.

Rocky Road

INGREDIENTS

- 100g unsalted butter
- 225g dark chocolate (70% if possible)
- 2 tablespoon golden syrup
- 100g milk chocolate digestive biscuits
- 100g pack white chocolate chunks
- 75g fruit & nut mix with cranberries
- 25g mini pink and white marshmallows

METHOD

- Place the butter, dark chocolate and syrup into a heatproof bowl and warm over a pan of simmering water, ensuring the bowl doesn't touch the water, for 5-10 minutes or until melted. Stir then set aside to cool.
- Roughly break the biscuits. Fold into the dark chocolate mixture with 50g (2oz) of the white chocolate and all the fruit and nut mix. Spoon into a 20cm (8in) square tin, smooth the surface, then scatter over the marshmallows.
- Cover and place in the fridge for 3 hours or until set. Using a sharp knife cut into 9 squares. Then halve each square to make triangles. Keep cool.
- They can be stored in an airtight container in a cool dark place for 2-3 days – after this time they will not be as fresh.

Apple Crumble

INGREDIENTS

- 100g plain flour
- 50g butter or baking fat/block
- 50g oats
- 25g sugar
- 2 eating apples
- 50g sultanas

METHOD

- Preheat oven to 190°C or gas mark 5.
- Rub the fat into the flour until it resembles breadcrumbs.
- Stir in the oats and sugar.
- Cut the apples into quarters and remove the core. Slice thinly.
- Arrange the apple slices in an oven proof/foil tray dish on a baking tray, and then add the sultanas.
- Sprinkle the crumble topping over the apple slices.
- Bake for 25 – 30 minutes, until the apples are soft and the crumble is golden.

Top tips:

- Add a little water to the apples.
- Be creative and experiment with other fruits, such as blackberries, apricots, raspberries, peaches, nectarines, plums or pears.
- You may wish to use canned apple or another type of canned or dried fruit.
- Try using wholemeal flour for the crumble topping or use muesli instead of oats.

Cheesecake

INGREDIENTS

- 200g digestive biscuits
- 75g unsalted butter
- 400g full-fat cream cheese, at room temperature
- 300g mascarpone, at room temperature
- 200g icing sugar, sifted
- 1 tsp vanilla extract
- 200g malted milk balls

METHOD

- Place the digestive biscuits into a sealable freezer bag. Push all the air out and seal the bag. Crush the biscuits with a rolling pin, being careful not to break any holes in the bag.
- Melt the butter in a large saucepan. Tip the biscuit crumbs into the butter and mix well until thoroughly combined. Press the buttery crumbs into the bottom of a 23cm/9in spring form or loose-bottomed tin. Chill in the refrigerator while you make the topping.
- Combine the cream cheese and mascarpone in a large mixing bowl. Using an electric handheld mixer, blend the cheeses together until light and fluffy. Add the icing sugar a little at a time and blend to incorporate. Finally, mix in the vanilla. The mixture should be very light and fluffy.
- Place the malted milk balls in the sealable freezer bag and close. Knock the malted milk balls with a rolling pin to just break them apart. Fold half of the crushed malted milk balls into the cream cheese mixture until thoroughly combined.
- Spread the cream cheese mixture over the biscuit base and smooth the top with a palette knife or spatula. Cover with cling film and chill in the fridge for at least four hours.
- When ready to serve, sprinkle the remaining crushed malted milk balls over the top of the cheesecake. Release the catch of the spring form tin carefully, then slice and serve.

Trifle

INGREDIENTS

- 500 g pack frozen black forest fruits
- 213 g tin peach slices in fruit juice, drained
- 1 tablespoon icing sugar, plus extra for dusting
- 190 g raspberry Swiss roll
- 30 g soft biscuits, crushed, plus extra for decorating
- 300 ml tub British fresh whipping cream, whipped until medium peaks form

For the custard:

- 300 ml semi-skimmed British milk
- 1 tablespoon cornflour

METHOD

- To make the custard, put the milk in a saucepan and bring to boil. Meanwhile, in a separate microwave-proof bowl, whisk together the cornflour and sugar. Gradually add the eggs and the vanilla extract, whisking all the while.
- When the milk is hot, pour in the egg mixture, whisking continuously. It's ready when the mixture is thick enough to coat the back of a spoon. Set aside and let cool for 10-15 minutes.
- Meanwhile, make the trifle. Tip the frozen black forest fruits into a large bowl, reserving a few for decorating. Add the peach slices and icing sugar. Mix well and leave to oneside for the frozen fruits to defrost, which will take about 15 minutes.
- Arrange the Swiss roll slices in the bottom of a glass trifle dish and scatter over the biscuits. Once the fruit has defrosted, arrange it over the top of the Swiss roll, drizzling over the juices in the bottom of the bowl. Pour the cooled custard over the top.
- Spoon the whipped cream over the top of the custard and decorate with the reserved black forest fruits and a few extra crushed biscuits. Dust with a little icing sugar before serving.

Smoothie

INGREDIENTS

- 6 large strawberries
- 300ml semi-skimmed cold milk
- 1 small pot of reduced fat yogurt

METHOD

- Remove the green tops from the strawberries.
- Slice the strawberries.
- Place the strawberries into the blender.
- Pour the milk and spoon the yogurt into the blender.
- Put the lid on the blender and switch on for 30-45 seconds, until smooth.
- Pour the smoothie into two glasses.

Top tips:

- Remember that smoothies and fruit juice count towards your 5 A DAY but you should only drink a combined maximum of 150ml a day.
- You may wish to use fresh fruits that are in season, or add frozen or canned fruit. Try experimenting with different fruits and flavours of yogurt, such as banana and vanilla or orange and mango.
- Hold the lid of the blender with a clean dishcloth.
- Always get help from an adult when using a blender.