



Recipes

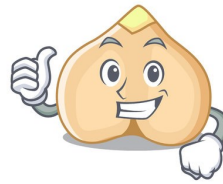
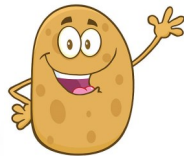
*Westfield
Infant School*

Chickpea and Potato Curry



Ingredients

- Small piece of cauliflower
- 1 potato
- 1 small onion or cut a large onion in half
- 2 mushrooms
- 6 spinach leaves
- 2 tablespoons of chickpeas
- 200ml of water
- 1 vegetable Oxo cube
- 1 tablespoon curry powder
- 1 teaspoon garam masala
- 2 tablespoons tomato puree
- 1 teaspoon garlic
- 4 coriander leaves



Instructions

1. Wash the cauliflower, potato and mushrooms
2. Grate the cauliflower on a plate
3. Cut the mushrooms into small pieces and place in the bowl
4. Peel and grate the potato and add to the bowl
5. Peel and cut onion into small pieces and add it to the other ingredients
6. Using the scissors cut the coriander and spinach into the bowl
7. Measure 200mls of water into a jug and melt the Oxo cube, stir in the tomato puree and pour into the bowl
8. Add the chickpeas
9. Then add the curry powder, garam masala, garlic and mix all the ingredients together
10. Pour curry into oven proof dish and place lid on
11. Cook for approximately 25-30 mins (Gas mark 5, 190c)

Serve with cauliflower rice, brown or white rice, or jacket potato

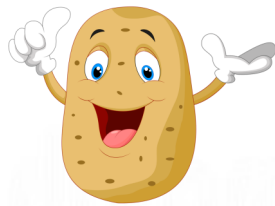


Fishcakes



Ingredients

- 300g of cold cooked potato
- 25g margarine
- 1 tin drained tuna or salmon
- 2 tablespoons chopped parsley
- 75g dry breadcrumbs
- 1 egg
- Black pepper to taste
- Oil for greasing



Instructions

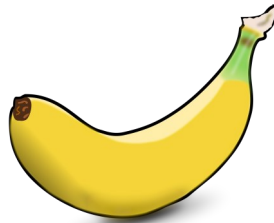
- 1 Cut the potato in half and scoop out the cooked potato. Mash the cooked potato with the margarine, fish, parsley and black pepper
- 2 Place onto a floured surface and divide into 4. Shape into a flat round about 6cm in diameter
- 3 Make the breadcrumbs with a grater or a blender
- 4 Place the breadcrumbs onto a plate and dip the fishcakes in egg and then coat with the breadcrumbs
- 5 Lightly fry in a little bit of oil, turning as they brown
- 6 You could also bake them in a hot oven for 7-10 minutes until golden brown

Fruit Kebabs



Ingredients for one kebab

- 1 banana
- 1 orange/satsuma
- A handful of grapes/strawberries/ blueberries



Method

Peel the banana and orange

Slice the banana using the 'Claw' cutting technique

Pierce the fruit onto the kebab; maybe you could make a repeating pattern?

Try making them using different fruit.



The '**Claw**' cutting technique Place the flat side of the item you want to cut down on the chopping board. Shape the fingers of one hand into a 'claw' shape, tucking the thumb inside the fingers. Rest the 'claw' on the item to be sliced. Holding the knife in the other hand slice the item, moving the 'clawed' fingers away as the cutting progresses.

Mushroom Omelette



Ingredients

- 3 eggs
- 10 grams butter
- 3 or 4 mushrooms



Method

1. Gently beat the eggs together in a mixing bowl, add a small pinch of salt and pepper
2. Chop up the mushrooms
3. Heat the butter in the frying pan until bubbling
4. Pour in the eggs and mushrooms, cook until the bottom of the omelette is lightly set
5. Push the set parts of omelette into the centre of the uncooked omelette
6. Cook again until omelette has set on the edge again then push into centre of omelette, repeat this until ,most of the egg is cooked but still soft in the middle
7. Cook omelette for 30 seconds more on a high heat until brown on the bottom
8. Fold omelette in half, then remove from the pan and place on a plate
9. Enjoy eating the omelette



Leek and Mushroom Croustades



Ingredients

- 4 tablespoons oil
- 1/2 leek
- 1 tablespoon sweetcorn
- 2 mushrooms
- 4 slices of bread
- 25g cheese



Method

1. Put the oven on 200c/ Gas mark 6
2. Cut up the leek and mushrooms using scissors
3. Put the oil in a pan and warm up, add vegetables and cook until soft
4. Grate the cheese onto a clean chopping board
5. Cut a circle out the bread
6. Lightly brush each side of the circle with oil and put them in a bun tin
7. Put a teaspoon of the vegetable mix into the bread cases
8. Sprinkle a teaspoon of grated cheese over the top
9. Bake the croustades for 10 –15 minutes or until the bread is crisp and browned and the cheese has melted
10. Enjoy!

Vegetable Soup

Ingredients

- 2 carrots
- 2 sticks of celery
- 2 onions
- 100-125g green beans
- 500ml tomato passata
- 1 vegetable Oxo cube
- 2 pints of warm water
- 2 teaspoons mixed herbs
- 1 teaspoon of garlic



Method

1. Chop up the carrots, celery, onions and green beans either with a knife using the 'Claw' technique or scissors and place in a pan
2. Melt the Oxo cube in the water and pour over the vegetables
3. Add the mixed herbs, garlic and passata and cook for approximately 30 minutes or until the vegetables are soft. Top up with water if needed
4. Pour half the soup into a blender and puree then return to the saucepan to reheat before serving



The '**Claw**' cutting technique Place the flat side of the item you want to cut down on the chopping board. Shape the fingers of one hand into a 'claw' shape, tucking the thumb inside the fingers. Rest the 'claw' on the item to be sliced. Holding the knife in the other hand slice the item, moving the 'clawed' fingers away as the cutting progresses.

Tablespoon and Mug Bread Roll Recipe

You can use any size mug for this recipe but remember for it to work you will need to use the same mug to measure out all your ingredients.

Ingredients

- 2 mugs strong bread flour
- 1 mug warm water
- 1 tablespoon salt
- 1 tablespoon caster sugar
- 1 tablespoon fast action dried yeast



1. Tip the flour, yeast, sugar, and salt into a bowl. Pour over the mug of warm water, then mix (with a spatula or your hand), until it comes together as a dough. Make sure all the flour has been incorporated.
2. Lightly flour your work surface and tip the dough onto it. Knead the dough for at least 10 minutes until it becomes tighter and springy. Pull the dough into a ball and put back into the bowl. Cover with cling film and leave for 1 hr, or until doubled in size.
3. Transfer the dough back onto a lightly floured work surface and knead again for 10 mins.
4. Roll the dough into a long sausage shape. Halve the dough, then divide each half into four pieces, so you have eight equal-sized portions. Roll each into a tight ball and put on a baking tray, leaving some room between each ball for rising. Cover with some more cling film and leave in a warm place to prove for 30 mins - 1 hr or until almost doubled in size.
5. Heat the oven to 230C/210C fan/gas 8. When the dough is ready, dust each ball with a bit more flour. (If you like, you can glaze the rolls with milk or beaten egg,) Bake for 12mins, until light brown and hollow sounding when tapped on the base. Leave to cool on a wire rack.



2 Ingredient Pizza Base - Makes 2

Ingredients Base

- 85g Self Raising Flour
- 95g Fat Free Natural Yogurt

Topping:

- Tomato puree
- Mixed herbs
- Cheese
- Peppers
- Sweetcorn



Instructions:

1. Preheat oven to 180c, gas mark 4
2. Grate the cheese onto a plate
3. Weigh out the flour and yoghurt place in a bowl. Stir together until resembles small balls (you may need to add a little more yoghurt if to dry) Then using your hands knead until completely combined.
4. Lightly flour the surface then roll into a circle (or divide to make 2 pizza bases)
5. Spread the tomato puree onto the pizza base
6. Chop up the pepper and add to the pizza base
7. Sprinkle the herbs, sweetcorn and cheese on top
8. Bake in the oven for 15/20 minutes



Vegan 100 Calorie Pumpkin Cake

Ingredients

- 1/2 cup pumpkin puree
- 1/2 cup water
- 3 tablespoons oil
- 1 tablespoon vinegar
- 2 teaspoons vanilla extract
- 1 1/2 cups flour (white, spelt or oat)
- One third of a cup of sugar– you can use unrefined sugar such as honey, maple syrup, brown rice syrup if you prefer
- 2 teaspoons cinnamon
- 3 to 4 teaspoons baking powder and baking soda



Instructions:

1. Preheat oven to 180c, gas mark 4
2. Grease and line an 8 inch cake tin or you can use individual paper cases to make smaller cakes.
3. If using **Oats** blend in food processor
4. Put pureed pumpkin into a mixing bowl and add oil, water, vinegar and vanilla extract, whisk together
5. Stir in the sugar
6. Add the flour and cinnamon then mix to form a batter
7. Pour into the cake tin or individual paper cases
8. Bake in the oven for approximately 20 - 35 minutes depending on if you used a cake tin or are baking individual cakes.

SKILLS

- Cutting, blending, stirring, pouring

