

Real meals

Simple cooking
that tastes great.



A collection of recipes, skills and tips to get you cooking.
Foreword by Rt Hon Ed Balls MP and Phil Vickery



department for
children, schools and families

Forewords



“As both a parent and a keen cook myself I know how important cooking is. It's a skill everyone should have and once mastered it's quick, easy and fun.

Cooking is already compulsory for all children in primary schools and from 2011, all 11 to 14-year-olds will study it, with millions of pounds being invested in building and revamping teaching kitchens in schools and recruiting motivated, highly skilled staff.

This cookbook has more than 30 healthy, easy versions of classic dishes, including those voted for by the public as their favourites. These recipes will help you learn the basics so you can go on and try different variations of traditional dishes and even make your own stocks and grow your own fresh herbs. But it's not just down to schools and teachers. Parents have a big role to play too – I know I got my love of cooking from mine.

So I'd like to see children preparing meals in school and at home and then enjoying food they have cooked with their own hands.

A handwritten signature in black ink, appearing to read "Ed Balls".

Rt Hon Ed Balls MP



“Cooking is a skill for life and often it is not learned at an early enough age.

Once you can cook the basics you will have the best survival tool in the box to take you into adult life. Eating good quality meals made from basic ingredients should be part of everyone's daily experience and by learning how to prepare simple and nutritious meals we will make this a reality.

I am personally delighted that cooking in schools is being made a compulsory part of the curriculum and this cookbook will be made available to all schools. There is no excuse not to get cooking and try out these recipes at home and at school.

A handwritten signature in black ink, appearing to read "Phil Vickery".

Phil Vickery



Contents

Real Meals is a recipe pack just for young people like you. It shows you how to cook healthy, tasty meals – whether you're in a lesson at school or at home with your family. Each recipe uses simple ingredients and equipment, and serves between 2 – 4 people.

Real Meals has been produced by the Department for Children, Schools and Families, together with the British Nutrition Foundation, The Design and Technology Association, School Food Trust and the Specialist Schools and Academies Trust. As well as selecting meals that are easy to make, these experts have made sure that every recipe in this book meets healthy eating guidelines – so you can have fun making them and keep healthy.

The first time you cook these recipes you may need to ask for help from your teacher, mum, dad or grandparents.

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- Beef and Veggie Stew
- Chicken Casserole

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Equipment



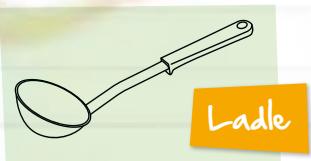
Wooden spoon



Fish slice



Weighing scales



Ladle



Can opener



Measuring spoon



Colander



Sieve



Frying pan



Palette knife



Mixing bowl



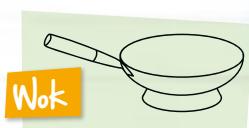
Oven-proof serving dish



Saucepan



Measuring jug



Wok



Knife & Chopping board



Flour dredger



Metal spoon



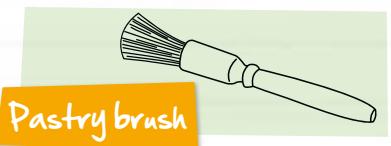
Grater



Juice squeezer



Garlic press



Pastry brush



Vegetable peeler



Baking tray



Whisk



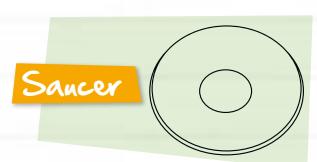
Kettle



Pudding bowl



Casserole dish with lid



Saucer



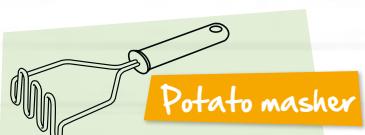
Oven gloves



Fork



Rolling pin



Potato masher



Grow Your Own

Do you know your onions? They're the basis for lots of dishes, so why not give them a go? They don't need much work - and if you store them carefully, you can keep them for a few months. Leeks are just as easy and can be used in lots of soups and casseroles.

① Soups, casseroles and stews

Minestrone

Ingredients

1 clove of garlic	1 x 10ml spoon oil
1/4 cabbage	1 stock cube (or you could use fresh stock)
1 onion	800ml boiling water
1 stick of celery	1 x 5ml spoon mixed herbs
1 carrot	1 x 15ml spoon tomato puree
1 potato	Black pepper
1 tomato	25g small pasta shapes or broken spaghetti
1 rasher of bacon	



Equipment



Method

1. Prepare the vegetables and bacon:
 - peel and crush the garlic;
 - shred the cabbage;
 - peel and chop the onion;
 - slice the celery;
 - peel and dice the carrot;
 - peel and dice the potato;
 - chop the tomato;
 - chop the bacon, with a fresh knife on a clean chopping board.
2. Fry the onion, garlic and bacon in the oil for 2 minutes.
3. Stir in the carrot, celery and potato.
4. Add the stock (water and stock cube mixed together).
5. Stir in the sliced tomato and finely shredded cabbage.
6. Add the mixed herbs, tomato puree and black pepper, bring to the boil and then simmer for 10 minutes.
7. Add the pasta and allow to simmer for a further 10 minutes.
8. Serve.

Top Tips

- Serve with a sprinkle of parmesan cheese.
- Try different types of vegetables – use what is in season.
- Add 2x15ml spoons of cannellini beans.

Skills

- Preparing an onion
- Using a knife
- Boiling & simmering



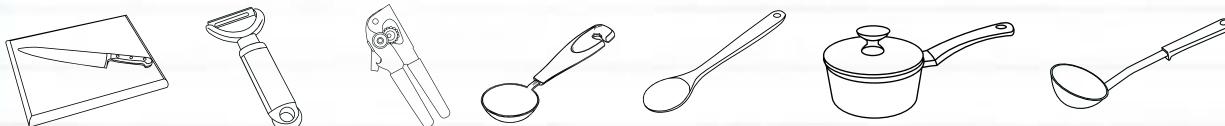
Spicy Tomato Soup



Ingredients

1 onion	500ml water
1 carrot	1 stock cube
1 potato	½ x 5ml spoon dried chilli flakes
1 x can chopped tomatoes (400g)	1 x 15ml spoon tomato puree

Equipment



Method

1. Prepare the vegetables:
 - peel and slice the onion;
 - top and tail, peel and slice the carrot;
 - peel and cut the potato into 8.
2. Put all the ingredients into a saucepan.
3. Stir everything together, bring to the boil and then simmer for 20 minutes.
4. Pour the mixture into the liquidiser and blend until smooth.
5. Serve.

Serve with warm crusty bread for a hot spicy snack!
You will need a liquidiser for this recipe!



Top Tips

- Place a cloth over the liquidiser to prevent any soup from splashing out.
- Use a range of different vegetables, e.g. leeks, peppers, mushrooms.
- Serve with wholegrain bread.
- Add different herbs and spices, such as basil or paprika, for a different flavour.

Skills

Using the vegetable peeler



Using a knife



Using the hob



Combining ingredients together



Preparing an onion



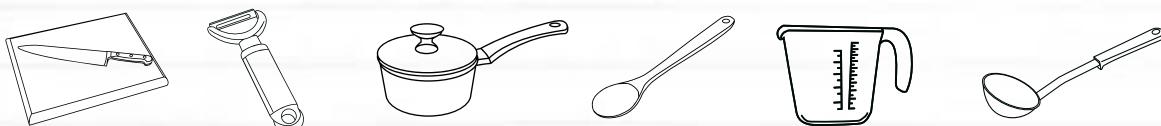
Leek and Potato Soup

Ingredients

2 large leeks
4 medium potatoes
850ml stock (water and stock cube)
Black pepper



Equipment



Method

1. Wash and peel the leeks and potatoes.
2. Chop the vegetables into small chunks.
3. Place the vegetables in a saucepan and add the stock.
4. Heat until the stock is boiling.
5. Turn down the heat and cook gently for 30 minutes.
6. Add some black pepper.
7. Serve the soup hot.

Top Tips

- Try different types of vegetables - carrots, swede, cabbage or peppers could all be added.
- You could also try adding chopped cooked chicken or a little grated cheese for the last five minutes of cooking.

Perfect for a warming lunch on a cold day or for a starter!



Skills

- Using a knife
Measuring
Using the hob
Preparing vegetables

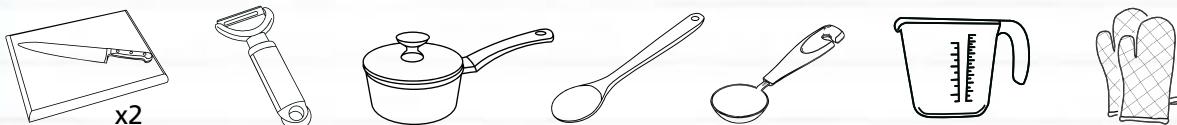
Beef and Veggie Stew

Ingredients

6-8 baby onions	1 x 15ml spoon flour
2 carrots	600ml stock (water and beef stock cube)
8 small mushrooms	1 bay leaf
500g lean stewing beef	1 x 5ml spoon thyme
1 x 15ml spoon oil	



Equipment



Method

1. Prepare the vegetables:
 - peel the onions;
 - peel and chop the carrots;
 - slice the mushrooms in half.
2. With a fresh knife on a clean chopping board, dice the beef.
3. Brown the beef in the oil in a saucepan.
4. Stir in the flour, so each piece of beef is covered.
5. Add in the onions, carrots and mushrooms.
6. Pour in the stock and add the bay leaf and thyme.
7. Bring to the boil and reduce to a simmer. Cover with the lid and cook for 1 hour.

Top Tips

- Serve the stew with boiled or mashed potatoes.
- Add some more vegetables such as parsnips, peas or broad beans to the stew.
- Have some peas or sweetcorn on the side.

Skills

- Handling raw meat
- Using a knife
- Using the hob



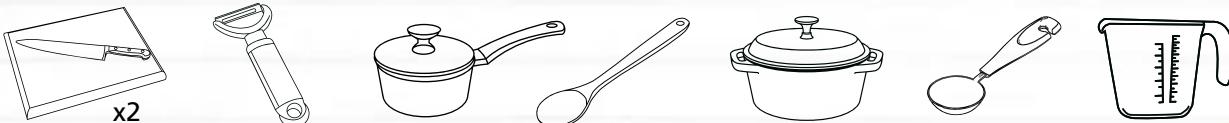
Chicken Casserole

Ingredients

1 onion	8 chicken thighs
1 carrot	1 x 15ml oil
1 leek	1 x 15ml spoon flour
1 potato	800ml stock (water and cube)
8 mushrooms	1 x 5ml spoon mixed herbs



Equipment



Method

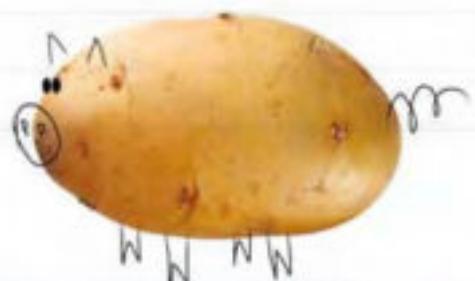
1. Preheat the oven to 180°C or gas mark 4.
2. Prepare the vegetables:
 - peel and chop the onion;
 - peel and chop the carrot;
 - trim the leek and slice;
 - peel and cut the potato into 8;
 - slice the mushrooms in half.
3. With a fresh knife on a clean chopping board, remove the chicken skin and cut into chunks.
4. Fry the chicken for 5 minutes in oil, until it has turned white. Place in an oven proof dish.
5. Add the potatoes to the chicken.
6. Fry the onion for 2 minutes, then add the leeks, mushrooms and carrots.
7. Sprinkle over the flour, then gradually add the stock, stirring all the time until thickened.
8. Pour this mixture over the chicken and then add the herbs.
9. Cover the oven proof dish and cook for 1-1.5 hours.

Top Tips

- Cooking bacon with the chicken gives a great flavour.
- Make a tasty vegetarian casserole by swapping the chicken for extra veg.

Skills

- Preparing raw meat
- Using the hob and oven
- Preparing a range of vegetables
- Using a knife



Grow your Own

Crisp, crunchy carrots: a perfect snack or a traditional side dish. You can pick from plenty of different varieties, like Manchester Table, Paris Market or Thumbelina. Or add a bit of flavour with fresh thyme or rosemary. A rosemary plant can live for up to 20 years!



Traditional mains



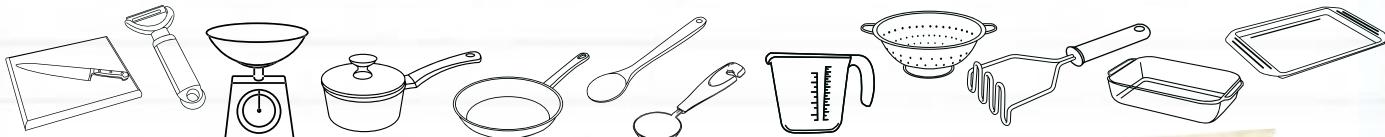
Cottage Pie

Ingredients

1 onion	1 x 15ml spoon tomato purée
1 carrot	1 x 15ml spoon Worcestershire sauce
3 medium potatoes (700g)	300ml water
¼ Savoy cabbage	1 stock cube
250g lean minced beef	150ml semi-skimmed milk
1 x 15ml spoon plain flour	



Equipment



Method

1. Preheat the oven to 200°C or gas mark 6.
2. Prepare the vegetables:
 - peel and chop the onion;
 - peel and dice the carrot;
 - peel and cut the potatoes into chunks;
 - shred the cabbage.
3. Place the potatoes in a saucepan of water, bring to the boil and simmer for 20 minutes, until soft.
4. Meanwhile, in a non-stick frying pan, dry fry the beef with the onion and carrots, until the mince is browned.
5. Stir in the flour, tomato purée and Worcestershire sauce.
6. Add the stock cube to the water to make up the stock.
7. Add the stock to the meat mixture, bring to the boil and simmer for 5-10 minutes, until the carrot is soft.
8. During the last 5 minutes of cooking the potatoes add the cabbage.
9. Drain the potatoes in a colander, return to the saucepan and mash with the milk.
10. Place the oven proof dish or foil tray on a baking tray. Spread the meat mixture into the dish, and spoon the mash over the top.
11. Cook for 20-25 minutes, until golden brown.

Top Tips

- Add other vegetables to the meat mixture such as frozen peas.
- Swap the mince for veggie mince for a vegetarian option.
- Add mixed herbs to the mashed potato, or top with a little grated cheese before putting in the oven.
- Always remember to use oven gloves when putting things into, or taking them out of, the oven.

Skills

Using the hob
and oven



Using a
vegetable peeler



Weighing and
measuring



Combining ingredients
together



Preparing a selection
of vegetables



Hotpot

Ingredients

1 onion	200ml stock (reduced salt lamb stock cube and water)
1 carrot	1 x 5ml spoon Worcestershire sauce
1 small leek	1 bay leaf
1 potato	1 sprig of thyme
400g lean lamb	Freshly ground black pepper
1 x 15ml spoon oil	
1 x 15ml spoon plain flour	



Equipment



Method

1. Pre-heat the oven to 170°C or gas mark 3.
2. Prepare the vegetables:
 - peel and slice the onion;
 - peel, top and tail, slice the carrot;
 - trim and slice the leek;
 - peel and thinly slice the potato.
3. Using a clean knife and chopping board, trim away any visible fat from the meat and cut into cubes.
4. Heat the oil in the frying pan, then brown the meat.
When brown, place the cubes of meat into a casserole dish.
5. Fry the onion, carrot and leek for 2-3 minutes.
6. Sprinkle flour into the frying pan and stir.
7. Pour in the stock, stirring all the time.
8. Pour all the ingredients from the frying pan to the casserole dish.
9. Stir in the Worcestershire sauce, bay leaf and thyme.
10. Arrange the potato slices on top in an overlapping pattern.
11. Add the black pepper, then cover with a lid or foil.
12. Cook for 1 hour 15 minutes.
13. Turn the heat up to 200°C or gas mark 6, remove the lid and cook for a further 15 minutes to brown the potatoes.

Top Tips

- Wash the vegetables first!
- Try different vegetables such as turnip, parsnip or cabbage in the hotpot.
- Try rosemary instead of thyme.
- Watch out, the casserole dish can get very hot so remember to use oven gloves.

Skills

- | | |
|-------------------|-------------------------------------|
| Handling raw meat | <input checked="" type="checkbox"/> |
| Using a knife | <input checked="" type="checkbox"/> |
| Using an oven | <input checked="" type="checkbox"/> |
| Measuring | <input checked="" type="checkbox"/> |

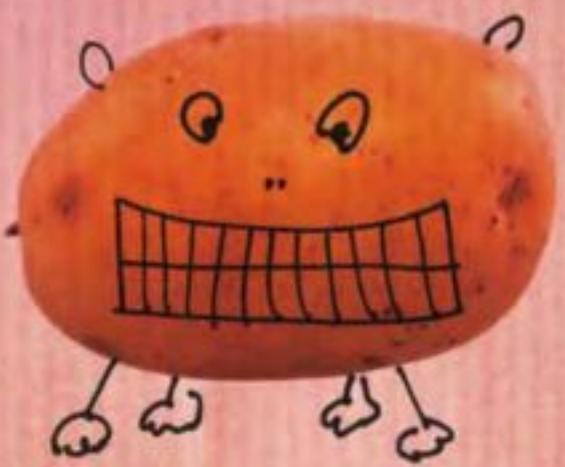


Grow Your Own

You can't have a proper roast without potatoes - so why not make sure you've got a fresh supply? You can grow spuds in a bucket or tub.



③ Roast and all the trimmings



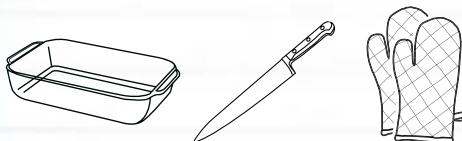
Roast Chicken Legs



Ingredients

2 chicken legs

Equipment



Method

1. Preheat the oven to 190°C or gas mark 5.
2. Place the chicken legs into the baking dish.
3. Roast the chicken legs for 30-40 minutes.
4. Check that the chicken is cooked completely by piercing the thickest part of the leg with a clean knife. The chicken is cooked when the juices run clear.

Top Tips

- Remove the skin before serving.
- Push slices of lemon, garlic or fresh herbs under the skin before you roast the chicken legs.
- Marinate the chicken in a little soy sauce, chilli and garlic.
- Fancy tandoori chicken? Marinate the chicken in tandoori paste mixed with a bit of yoghurt for a couple of hours before cooking.

Serve with potatoes and vegetables, or a crunchy salad!



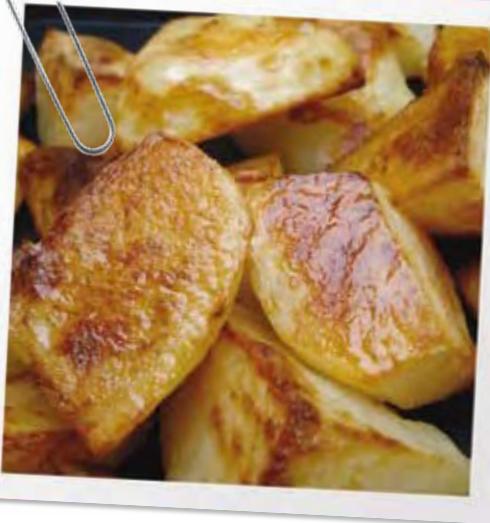
Skills

- Roasting
Using the oven
Handling raw meat

Crispy Potatoes

Ingredients

4 large potatoes
1 x 15ml spoon oil



Equipment

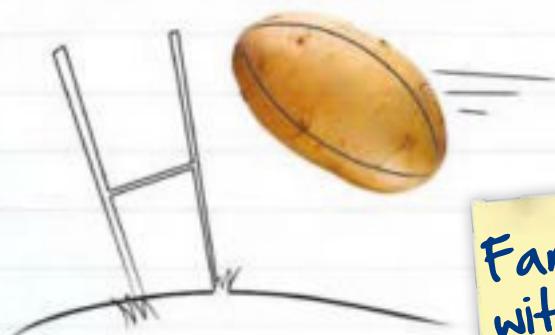


Method

1. Preheat the oven to 200°C or gas mark 6. Place the baking tray in the oven.
2. Peel the potatoes and cut into large chunks (8 per potato).
3. Place the potatoes in the mixing bowl and pour the oil over.
4. Mix the potatoes with the oil.
5. Remove the baking tray from the oven.
6. Carefully place the potatoes on the tray, and place back in the oven.
7. Bake for 45-50 minutes, turning them over after 25 minutes, until golden.

Top Tips

- Always use oven gloves when putting dishes into, or taking them out of, the oven.
- Sprinkle the potatoes with black pepper, herbs (dried or fresh) or mustard before you roast them.



Fantastic with almost everything. Use your imagination!

Skills

- Using the vegetable peeler
Using a knife
Using the oven



Vegetables

Ingredients

2 carrots
½ head broccoli
½ cauliflower
50g mange tout, optional



Equipment



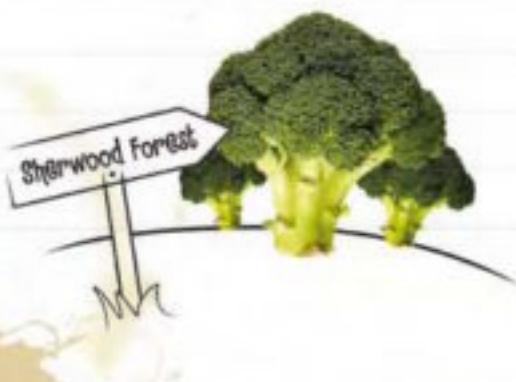
Method

1. Wash all the vegetables.
2. Peel and slice the carrots.
3. Remove the green leaves and hard stalk from the broccoli and cauliflower and cut into florets.
4. Place all the vegetables into a colander over a saucepan of boiling water with a plate over the top.
5. Allow to steam for 10 minutes.
6. Serve.



Top Tips

- In a rush? Then instead of steaming the veg, do them in the microwave. Put them in a microwaveable dish, cover with cling film, pierce the film and cook on high for 2–3 minutes.
- Vary the selection of vegetables to give a colourful mix at any time of the year.
- Use a mixture of fresh, frozen and canned vegetables throughout the year for variety.
- Check out what is in season.



Skills

Preparing a selection of vegetables



Using a vegetable peeler



Using a knife



Using the hob



④

Rice and pasta dishes

Grow your Own

For that real Italian flavour, you need a bit of fresh basil. It grows happily in the sun on your kitchen windowsill and adds a splash of colour. Talking of which, how about trying a few tomatoes? You don't need a greenhouse, just a bit of love and care every week - perfect for your pasta sauce.



Mushroom Risotto

Ingredients

1 onion	1 x 5ml spoon vegetable stock powder
150g chestnut mushrooms	1-1.5 litres water, boiling
2 cloves garlic	1 x 15ml spoon parmesan, grated
1 x 15ml spoon olive oil	1 x 10ml spoon thyme, chopped
250g risotto rice	



Equipment



Method

1. Prepare the vegetables:
 - peel and chop the onion;
 - slice the mushrooms;
 - peel and crush the garlic.
2. Fry the onion and garlic in the oil until soft.
3. Add the mushrooms, and fry for another 2 minutes.
4. Stir in the rice.
5. Mix the stock powder with the water.
6. Add a little of the stock to the rice and keep stirring till the stock is absorbed.
7. Continue adding the stock until the rice cooks – this will take 20-25 minutes. The rice should be soft, but still retain a nutty bite.
8. Stir the parmesan and thyme into the rice.



Top Tips

- Try using different ingredients, such as chicken, prawns or Mediterranean vegetables.
- Add different herbs and spices, e.g. basil, parsley or chilli powder, for extra flavour.

Skills

Using the hob



Using a knife



Preparing an onion



Savoury Rice

Ingredients

1 onion	1 x 5ml spoon vegetable stock powder or cube
3 mushrooms	550ml water, boiling
½ red pepper	50g peas
1 tomato	1 x 10ml spoon curry powder
1 x 10ml spoon oil	
150g long grain rice	



Equipment



Method

1. Prepare the vegetables:
 - peel and chop the onion;
 - slice the mushrooms;
 - deseed and dice the red pepper;
 - chop the tomato.
2. Fry the onion in oil until soft.
3. Add the mushrooms and red pepper and cook for a further 2 minutes.
4. Stir in the rice.
5. Mix the stock powder with the water.
6. Add the stock, peas and curry powder.
7. Simmer for 15 minutes, until the rice is tender.
8. Serve the rice in a bowl and sprinkle the chopped tomato on top.



Top Tips

- Use different seasonal vegetables.
- Add cooked ham, chicken, beans or lentils.
- Try using different spices, e.g. paprika or chopped herbs.

Skills

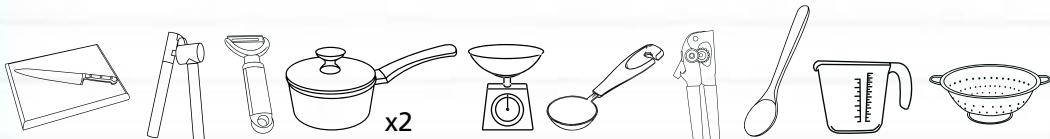
- | | |
|--------------------------------|-------------------------------------|
| Using the hob | <input checked="" type="checkbox"/> |
| Preparing an onion | <input checked="" type="checkbox"/> |
| Weighing and measuring | <input checked="" type="checkbox"/> |
| Combining ingredients together | <input checked="" type="checkbox"/> |
| Using a knife | <input checked="" type="checkbox"/> |

Spaghetti Bolognese

Ingredients

1 onion	1 x 400g canned chopped tomatoes
1 clove garlic	1 x 15ml spoon tomato puree
1 carrot	1 x 5ml spoon mixed herbs
1 celery stick	100ml water
1 x 15ml spoon oil	black pepper
250g minced beef	150g spaghetti

Equipment



Method

1. Prepare the vegetables:
 - peel and chop the onion;
 - peel and crush the garlic;
 - peel and slice the carrot;
 - finely chop the celery.
2. Fry the onion, garlic, carrot and celery in the oil.
3. Add the meat and cook until the mince is lightly browned.
4. Add the tomatoes, tomato puree, mixed herbs and water and mix all the ingredients together. Then add a few twists of black pepper.
5. Bring to the boil, then simmer for 20 minutes.
6. Meanwhile, place the spaghetti in a separate saucepan of boiling water. Cook for 10-12 minutes or until the spaghetti is 'al dente'.
7. Drain the water from the spaghetti using a colander.
8. To serve, pour some of the bolognese sauce over the spaghetti.



Top Tips

- To serve, add some grated parmesan cheese and fresh basil.
- For a vegetarian option, swap the minced beef for veggie mince or lentils.
- Serve the sauce with different types of pasta.
- You could use stock instead of water.
- Oregano is a great herb to try in Italian dishes.



Skills

- Using the hob
- Using a knife
- Preparing an onion
- Boiling & simmering



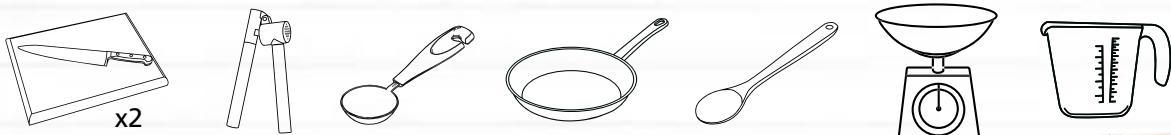
Paella

Ingredients

1 onion	750ml stock (1 x veg or chicken stock cube)
1-2 clove/s garlic	250g rice
1 red pepper	25g frozen peas
1 chicken breast (or 4 thighs)	100g mixed cooked seafood (e.g. prawns, mussels and squid), optional
1 x 15ml oil	
1 x 5ml spoon turmeric	
1 x 5ml spoon paprika	



Equipment



Method

1. Prepare the vegetables:
 - peel and chop the onion;
 - peel and crush the garlic;
 - chop and deseed the red pepper.
2. Remove any skin from the chicken, then dice into chunks with a fresh knife on a clean chopping board.
3. Fry the onion and pepper in the oil for 5 minutes.
4. Add the garlic, turmeric and paprika and cook for a further 2 minutes.
5. Add the diced chicken and cook until it turns white.
6. Pour in the stock, bring to the boil and cook for 5 minutes.
7. Add the rice.
8. Bring to the boil, and then allow to simmer for 15 minutes.
9. Stir in the frozen peas and seafood, and cook for a further 5 minutes.



Top Tips

- Turmeric is used in this recipe as Saffron is expensive.
- Why not add some chopped chorizo for a Spanish feast?
- Add extra vegetables such as tomatoes.
- Serve the paella with wedges of lemon.

Skills

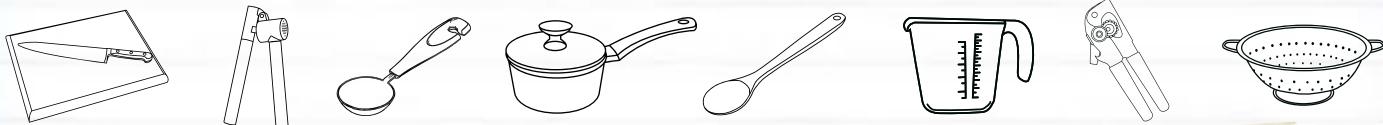
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| Measuring | <input checked="" type="checkbox"/> |
| Using the hob | <input checked="" type="checkbox"/> |
| Handling raw meat | <input checked="" type="checkbox"/> |

Chilli Con Carne

Ingredients

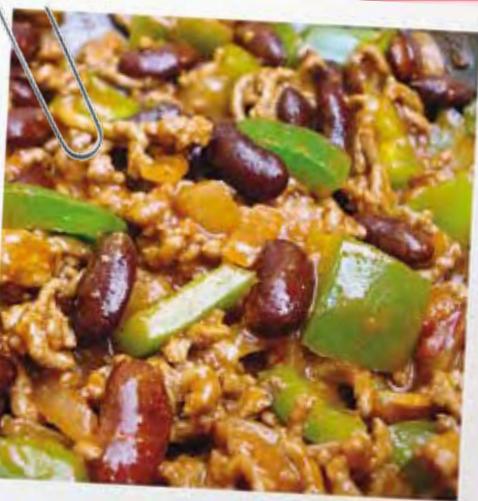
1 onion	1 x 10ml spoon flour
1 clove garlic	250ml stock (water and stock cube)
1 green pepper	1 x 400g can red kidney beans
1 x 10ml spoon oil	1 x 15ml spoon tomato puree
250g minced beef	1 x 5ml spoon chilli powder

Equipment



Method

1. Prepare the vegetables:
 - peel and chop the onion;
 - peel and crush the garlic;
 - deseed and chop the pepper.
2. Fry the onion and garlic in the oil for 3-4 minutes.
3. Add the minced beef and cook until it has browned.
4. Stir in the flour.
5. Pour in the stock.
6. Drain the red kidney beans and add to the meat.
7. Stir in the tomato purée and chilli powder.
8. Bring to the boil, then allow to simmer for 20 minutes.
9. Add the green pepper and allow to cook for a further 15 minutes.



Top Tips

- Serve with rice, a jacket potato or potato wedges.
- Freeze leftovers for another day.
- Add extra chilli powder for a kick.

Skills

- Handling raw meat
- Using a knife
- Preparing different vegetables

Vegetarian Lasagne

Ingredients

1 onion	1 x 5ml spoon mixed herbs
1 garlic clove	1 x 15ml spoon tomato purée
1 carrot	200ml reduced fat crème fraîche
2 celery sticks	25g grated parmesan
1 x 10ml spoon oil	100ml semi-skimmed milk
100g green lentils	Black pepper
1 x can chopped tomatoes (400g)	6 lasagne sheets



Equipment



Method

1. Preheat the oven to 190°C or gas mark 5.
2. Prepare the vegetables:
 - peel and chop the onion;
 - peel and crush the garlic;
 - peel and slice the carrot;
 - slice the celery.
3. Fry the onion, garlic, carrot and celery in the oil until soft.
4. Add the lentils, tomatoes, herbs and tomato purée.
5. Pour in some water, just enough to cover the mixture, bring to the boil and then allow to simmer for 15 minutes with the lid on.
6. Mix the crème fraîche, milk, pepper and half the grated cheese together in a small bowl till you have a smooth sauce.
7. Place an oven proof dish on a baking tray and spread some lentil mixture in the bottom. Cover with lasagne sheets and a little crème fraîche sauce. Repeat this, finishing with the sauce on top.
8. Sprinkle the remaining grated cheese on top and bake for 20 minutes.

Top Tips

- Experiment with different herbs, like fresh basil or oregano, for different flavour sensations!
- Try using different vegetables such as courgettes, peppers or aubergine.
- Try using different cheeses.

Skills

- Using the hob and oven
- Preparing an onion
- Weighing and measuring
- Using the grater
- Combining ingredients together



Grow your Own

Think that the ingredients for curries and stir-fries have to come from miles away? Think again! Pak choi is perfect in a stir-fry and easy to grow in the garden. You can grow fresh coriander or chillies at home - indoors or out. And for that special bit of colour, try yellow and green courgettes (with their beautiful flowers) or purple sprouting broccoli. They taste as good as they look.



⑤

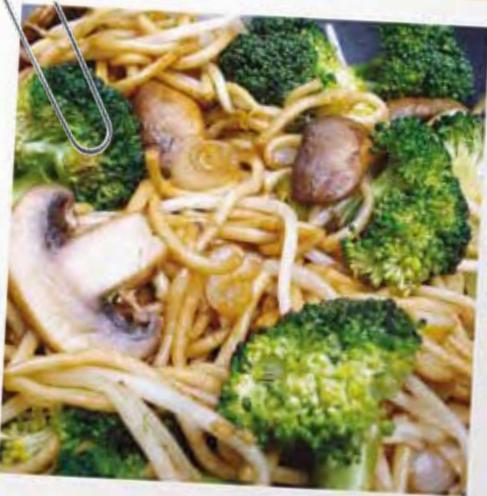
Stir-fries and curries



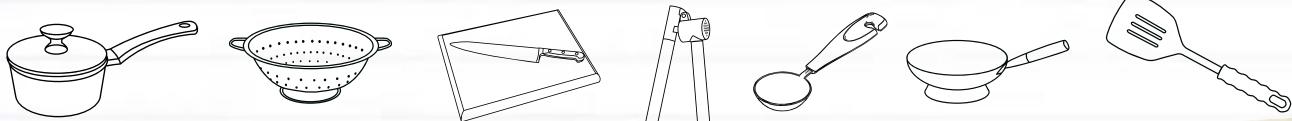
Chow Mein

Ingredients

150g dried noodles	4 x broccoli florets
1 clove garlic	1x10ml spoon oil
1 small piece fresh ginger	50g bean sprouts
2 spring onions	1x15ml spoon soy sauce
4 mushrooms	



Equipment



Method

1. Cook the noodles as instructed on the packaging and then drain.
2. Prepare the vegetables:
 - peel and crush the garlic;
 - peel and shred the fresh ginger;
 - chop the spring onions;
 - slice the mushrooms;
 - cut each broccoli floret into 4.
3. Heat the oil in the wok or frying pan.
4. Fry the garlic, ginger and onions for 1 minute.
5. Add the mushrooms and broccoli and cook for 3 minutes.
6. Stir in the bean sprouts and cook for another 2 minutes.
7. Add the cooked noodles and soy sauce.
8. Stir fry everything together for 3 minutes.
9. Serve.

Top Tips

- Add extra vegetables, such as frozen peas, canned sweetcorn, pak choi, chopped red pepper.
- Stir in cooked tofu, chicken, ham or beef.
- Use ready to wok noodles which do not need to be boiled to save time.

Skills

- Using the hob
- Using a knife
- Stir-frying
- Measuring



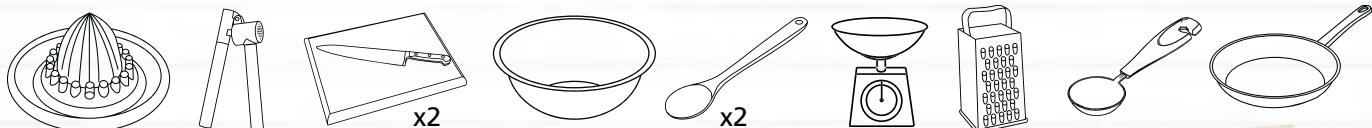
Fajitas

Ingredients

½ lime	½ green pepper
1 clove garlic	1 tomato
½ green chilli	25g Cheddar cheese
Small bunch coriander	2 tortillas
1 x 10ml spoon oil	1 x 15ml spoon guacamole or salsa (optional)
1 small chicken breast (or 3-4 thighs)	
½ onion	



Equipment



Method

1. Prepare the marinade:
 - squeeze the lime;
 - peel and crush the garlic;
 - de-seed and slice the chilli;
 - chop the coriander;
 - stir everything together with the oil.
2. Remove any skin from the chicken and cut the meat into strips. Mix with the marinade and place in the fridge, covered, until needed.
3. Prepare the remaining ingredients with a clean knife on a clean chopping board:
 - slice the onion and green pepper;
 - chop the tomato;
 - grate the cheese.
4. Add the marinated chicken to the wok or frying pan and stir-fry for about 4 minutes. Check that the chicken is cooked.
5. Add the onion and green pepper and continue to cook for a further 2 minutes.
6. Warm the tortillas in a microwave oven for 20 seconds, then lay flat on a plate.
7. Spread a little chicken in the centre of the tortilla, add some tomato, cheese and guacamole, then roll up.



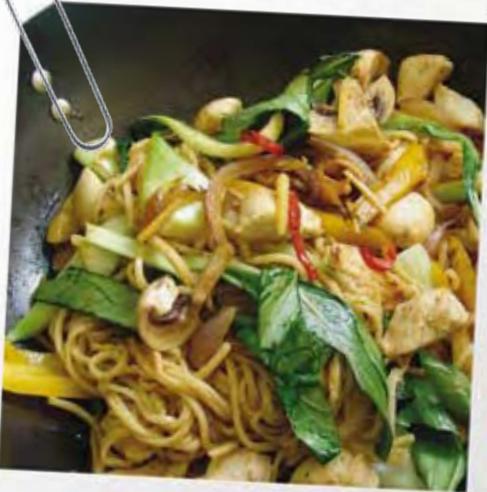
Top Tips

- Swap the chicken for extra vegetables or kidney beans for a vegetarian alternative.
- Other types of meat could be used, e.g. thin strips of beef or turkey.

Skills

- | | |
|-------------------------------------|-------------------------------------|
| Using the hob | <input checked="" type="checkbox"/> |
| Handling and marinating raw meat | <input checked="" type="checkbox"/> |
| Stir-frying | <input checked="" type="checkbox"/> |
| Using the grater | <input checked="" type="checkbox"/> |
| Weighing and measuring | <input checked="" type="checkbox"/> |
| Combining ingredients together | <input checked="" type="checkbox"/> |
| Preparing a selection of vegetables | <input checked="" type="checkbox"/> |

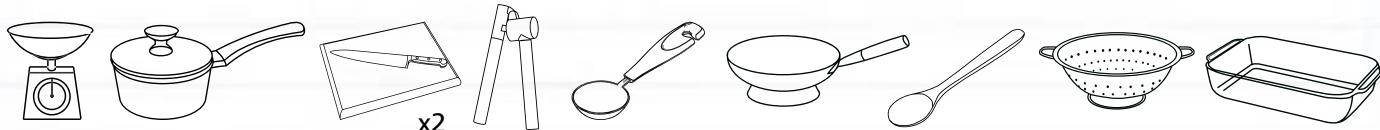
Sizzling Stir-fry



Ingredients

100g noodles	½ yellow pepper
1 x chicken breast (or 3-4 thighs)	3 mushrooms
1 clove garlic	1 pak choi
½ red chilli	1 x 10ml spoon oil
1cm fresh ginger	1 x 10ml spoon soy sauce (reduced salt)
½ red onion	

Equipment



Method

1. Cook the noodles in boiling water. Check the packet for details.
2. While the noodles are cooking, remove any skin from the chicken and cut into strips. Cover and place in the fridge until needed.
3. Prepare the vegetables with a fresh knife on a clean chopping board:
 - peel and crush the garlic;
 - de-seed and slice the chilli;
 - peel and finely slice the ginger;
 - chop the onion, pepper and mushrooms;
 - shred the pak choi.
4. Heat the oil in the wok or frying pan.
5. Add the onion, garlic, chilli and ginger. Allow to cook for 1 minute.
6. Add the chicken and stir-fry for 3-4 minutes. Check that the chicken is cooked – it should be white right through.
7. Add the remaining vegetables and soy sauce and continue to cook for a further 2 minutes.
8. Drain the water from the noodles using a colander.
9. Stir in the cooked noodles and cook for 2 minutes until hot.

Top Tips



- Vary the vegetables – leeks, courgettes and carrots all work well.
- Go for tofu instead of chicken for a vegetarian alternative.
- Other types of meat could be used, e.g. thin strips of beef or turkey.
- Mix in ready cooked noodles or rice for a quick main meal.

Skills

- Using the hob
- Stir-frying
- Using a knife
- Combining
- Handling raw meat



Lamb Rogan Josh

Ingredients

225g lean lamb leg steaks or neck fillet	1 x 5ml spoon oil
1 onion	2 x 15ml spoons Rogan Josh curry paste
2 tomatoes	200g can chopped tomatoes
1 clove garlic	1 x 15ml spoon fresh coriander



Equipment



Method

1. Slice the lamb.
2. On a clean chopping board with a fresh knife, slice the onion, cut the tomatoes and crush the garlic.
3. Heat the oil in a large pan and add the lamb.
Cook for 3-4 minutes.
4. Add the Rogan Josh curry paste, sliced onion and garlic.
Cook for a further 2-3 minutes.
5. Add the canned and fresh tomatoes and cook for further 2 minutes.
6. Chop the coriander.
7. Stir in the fresh coriander.
8. Serve.



Top Tips

- If you don't feel like rice, serve with naan bread and side salad.
- Replace the fresh tomatoes with thinly sliced courgettes, peppers or okra.
- Cook plenty and you can freeze some for a rainy - or busy - day!

You can use
this sauce
with fish or
Handling meat!
Using the hob
Using a knife



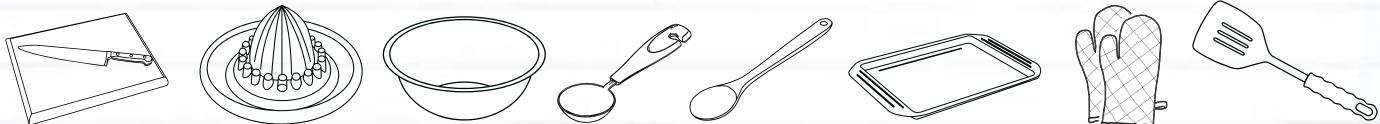
Chicken Tikka

Ingredients

2 chicken breasts
2 x 15ml spoons tikka paste
3 x 15ml spoons plain yogurt
 $\frac{1}{2}$ lemon



Equipment

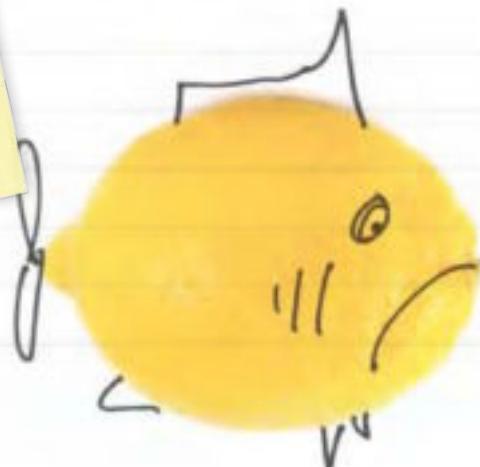


Method

1. Remove any skin from the chicken and cut into large chunks.
2. Mix the tikka paste and yogurt together.
3. Squeeze the lemon and add to the yogurt mixture.
4. Stir the chicken into the yogurt mixture, cover and marinade for at least 30 minutes.
5. Preheat the grill, so that it is very hot.
6. Place the chicken on a non-stick baking tray, and place under the hot grill, for about 10-15 minutes.
7. Turn over the pieces of chicken, so that it cooks throughout.

Top Tips

- No lemon squeezer?
Use a fork!
- Use chicken thighs, as they are less expensive.
- Serve with rice and salad.



Skills

- Handling raw meat
Using a knife
Using the grill

Vegetable Curry

Ingredients

1 onion	300ml water
1 clove garlic	400g can chopped tomatoes
1 large potato	410g canned chickpeas, (drained)
1 x 5ml spoon oil	3 handfuls of fresh spinach
2 x 15ml spoons curry paste	



Equipment

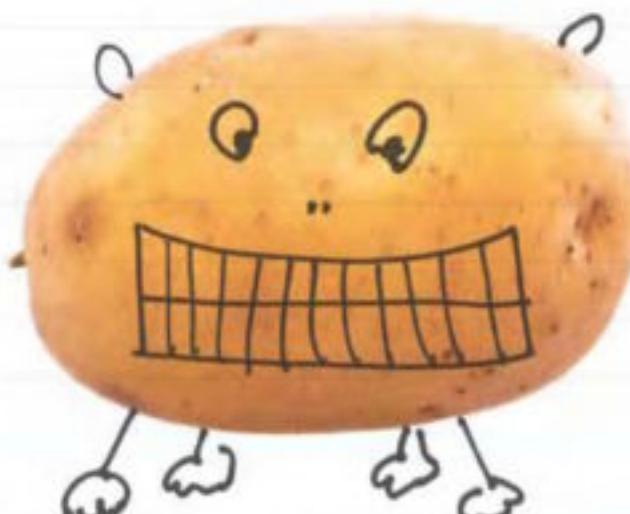


Method

1. Prepare the vegetables:
 - peel and slice the onion;
 - peel and crush the garlic;
 - peel and cut the potato into 1cm cubes.
2. Fry the onion and garlic for 2 minutes in the oil.
3. Stir in the curry paste, potato and water.
4. Drain the chickpeas and add to the pan.
5. Add the tomatoes, then simmer for 20 minutes, until the potato is tender.
6. Stir in the fresh spinach, and allow to cook for a further 2 minutes.
7. Serve.

Top Tips

- Serve with boiled rice, naan bread and a side salad.
- Replace the tomatoes with thinly sliced courgettes, peppers or okra.
- Cook plenty and you can freeze some for a rainy - or busy - day!



Skills

Using the hob



Combining ingredients together



Stir-frying



Weighing and measuring



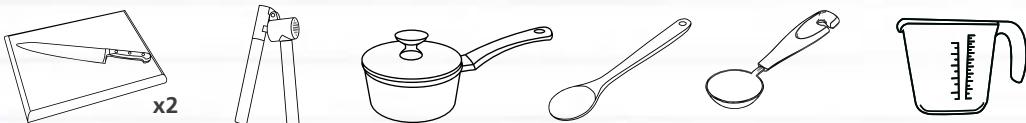
Beef Curry

Ingredients

1 onion	25g sultanas
1 apple	1 x 5ml curry powder
1 clove garlic	1 - 2 x 5ml spoon ginger
250g beef	350ml water
1 x 15ml oil	1 x 15ml spoon tomato purée



Equipment



Method

1. Prepare the fruit and vegetables:
 - chop and slice the onion;
 - core and slice the apple;
 - peel and crush the garlic.
2. With a fresh knife on a clean chopping board, dice the meat.
3. Fry the onion and garlic in the oil for 5 minutes.
4. Add the meat and cook until it has browned.
5. Stir in the apple, sultanas, curry powder and ginger, and cook for 5 minutes.
6. Pour in the water and tomato purée.
7. Bring to the boil, then simmer and cover to cook for 30 minutes.



Try adding
a little
more curry
powder for a
hotter dish!

Top Tips

- Serve the curry with rice and a salad.
- Add extra vegetables, such as mushrooms, peas and peppers.

Skills

- Preparing an onion
Using the hob
Crushing garlic

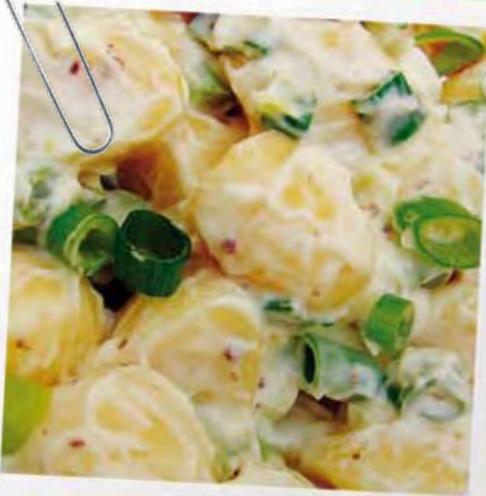
Grow Your Own

For colour, flavour or crispness, you can't beat a fresh salad. Get the right mix with some lettuce, rocket and radicchio - easy to grow and as pretty as flowers. Or how about some 'perpetual' spinach... it just keeps on growing! You can use it as a vegetable or in a salad - and build up your strength.

Veg and ⑥ salad



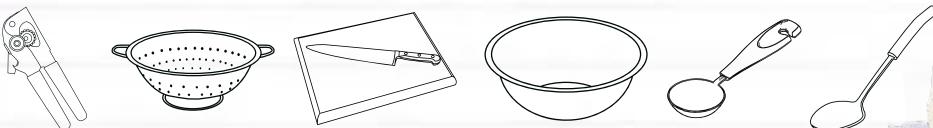
Speedy Potato Salad



Ingredients

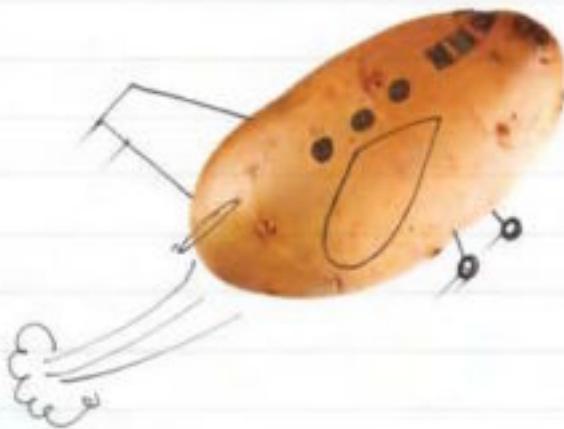
1 large can new potatoes
2-3 spring onions
2 x 15ml spoons low fat mayonnaise
½ x 5ml spoon mustard (optional)

Equipment



Method

1. Drain the potatoes using the colander over the sink.
2. Cut any large potatoes in half.
3. Chop the spring onions.
4. Mix the mayonnaise and mustard.
5. Combine all the ingredients together.
6. Cover and chill in the fridge.



Top Tips

- Instead of spring onions, why not try red onion, celery or chives? You could even add a handful of dried fruit!
- Prepare, boil and chill fresh potatoes, if you have time.
- For a lighter dish, use a mayo and yoghurt mix.
- Flavour the mayonnaise with garlic, lemon, fresh herbs or pesto!

Skills

- Draining
Using a knife



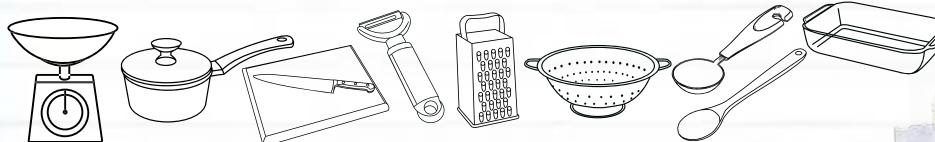
Chicken Pasta Salad

Ingredients

100g pasta shapes	1 carrot
1 baby gem lettuce	100g cooked sliced chicken
1 tomato	2 x 15ml spoons low fat dressing
¼ cucumber	



Equipment



Method

1. Bring a small saucepan of water to the boil, and then add the pasta. Simmer for about 8-10 minutes (check the packet instructions).
2. While the pasta is cooking, prepare the other ingredients:
 - shred the lettuce and chicken;
 - slice the tomato;
 - chop the cucumber into small chunks;
 - peel and grate the carrot.
3. Drain the boiling hot water away from the pasta into a colander in the sink. Cool the pasta by rinsing it under a cold tap for a few moments. Drain well.
4. Place the pasta in the serving dish and stir in 1x15ml spoon of dressing.
5. Add the other ingredients and mix with a spoon.
6. Lastly, drizzle over the remaining dressing.

Top Tips

- Swap the chicken for grated cheese or fish: tuna, salmon and mackerel all work brilliantly.
- Go for different dressings – why not try balsamic vinegar?
- Create your own Caesar salad, using cos lettuce, croutons, dressing and parmesan cheese.
- Why not add some fruit, seeds or nuts for extra texture?



Skills

- Using the hob
- Preparing a selection of vegetables
- Using the grater
- Using the vegetable peeler
- Weighing and measuring



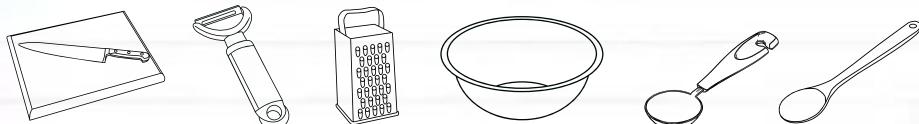
Coleslaw

Ingredients

1/4 white cabbage
1 carrot
1 medium apple
2 x 15ml spoons of low fat mayonnaise



Equipment



Method

1. Shred the cabbage into thin strips.
2. Top and tail the carrot, then peel and grate.
3. Peel and grate the apple.
4. Place the cabbage, grated carrot and apple in the mixing bowl and add the mayonnaise.
5. Mix all the ingredients together.

Top Tips

- Wash the fruit and vegetables before use.
- Why not try making a super salad? You can use lots of different ingredients such as fruit, meat, fish, nuts, potatoes or rice.

Perfect with salads, tuna fish, cold meat or even with a sandwich!

Skills

Using a knife
Using the grater



Grow your Own

Liven up your sauces with some delicious fresh herbs. You don't need a garden - parsley, tarragon and chives all grow really well in pots on your windowsill (spring onions do too).

(7) Sauces



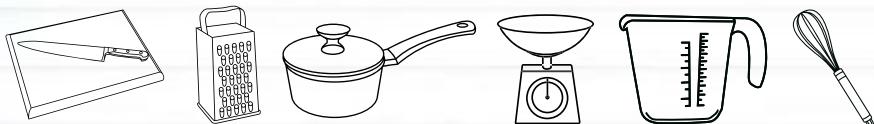
Cheese Sauce

Ingredients

75g cheddar cheese
25g margarine or butter
25g plain flour
250ml semi-skimmed milk
Black pepper



Equipment



Method

1. Grate the cheese on the chopping board.
2. Place the margarine or butter, flour and milk into a small saucepan.
3. Bring the sauce to a boil, whisking it all the time until it has thickened.
4. Reduce the heat and allow to simmer for 2 minutes.
5. Stir in the grated cheese.

Top Tips

- Add fresh herbs to the sauce, like chopped parsley or basil.



Skills

- Grating
Using a hob



You can use
this sauce with
fish, vegetables
or pasta!



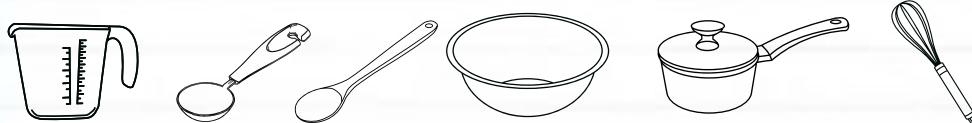
Custard

Ingredients

500ml milk
2 x 15ml spoons custard powder
1 x 15ml spoon sugar



Equipment



Method

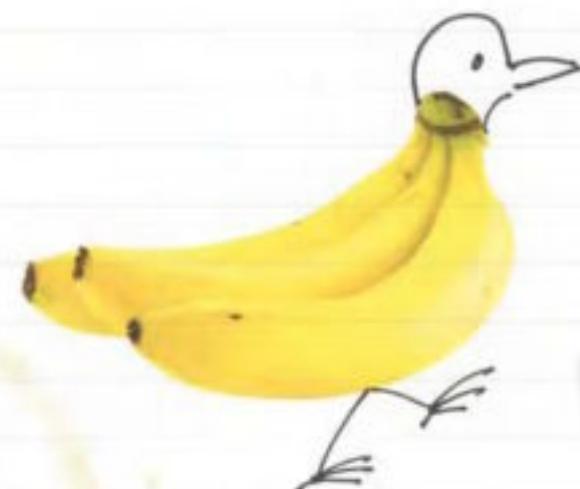
1. Mix a little of the milk with the custard powder and sugar in the mixing bowl.
2. Heat the remaining milk nearly to the boil. Watch that it doesn't boil over!
3. Pour the hot milk over the custard powder mixture, whisking all the time.
4. To thicken the custard, return to the saucepan and bring to the boil, whisking all the time.

Top Tips

- Serve the custard with fruit, like chopped banana or berries.
- Use the custard to make mini trifles.

Skills

Using the hob
Weighing and measuring
Whisking



Serve with piping hot apple crumble. Check out the recipe!



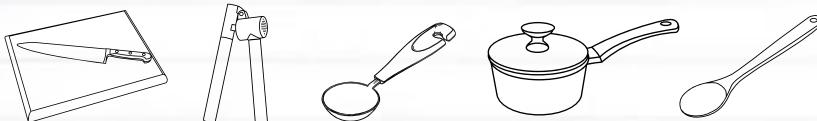
Ragu

Ingredients

1 onion	1 x 15ml spoon oil
1 clove garlic	2 x 400g canned chopped tomatoes
Handful of fresh basil	Black pepper



Equipment



Method

1. Prepare the vegetables:
 - peel and chop the onion;
 - peel and crush the garlic;
 - tear the basil leaves.
2. Fry the onion and garlic in the oil for 5 minutes, until soft.
3. Add the tomatoes and the basil.
4. Add a few twists of black pepper, then allow to simmer gently for 30 minutes (longer if possible).

Top Tips

- Use dried herbs if you do not have fresh.
- Add a chopped fresh red chilli, for a sauce with a kick.
- Add 75g mushrooms and 75g courgette, after stage 2, for a simple veggie sauce.
- Add and brown 200g minced beef after stage 2 for a simple meat sauce.
- Stir in black olives and tuna for a fish alternative.
- Pour the sauce over white fish, sprinkle with cheese and bake for 20 minutes until golden.

Skills

- Using a knife
- Preparing an onion
- Using the hob
- Measuring

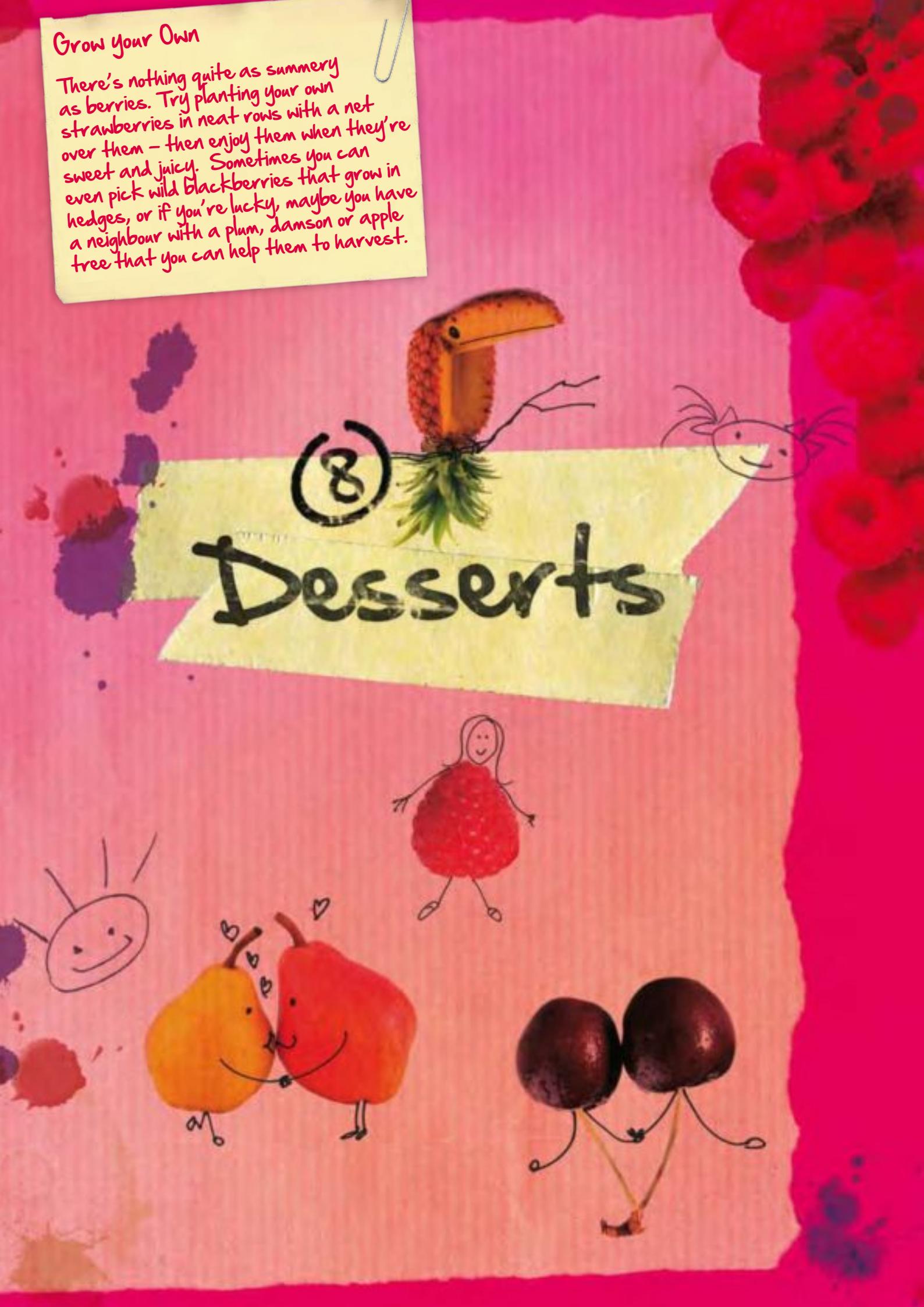


Grow Your Own

There's nothing quite as summery as berries. Try planting your own strawberries in neat rows with a net over them - then enjoy them when they're sweet and juicy. Sometimes you can even pick wild blackberries that grow in hedges, or if you're lucky, maybe you have a neighbour with a plum, damson or apple tree that you can help them to harvest.

③

Desserts



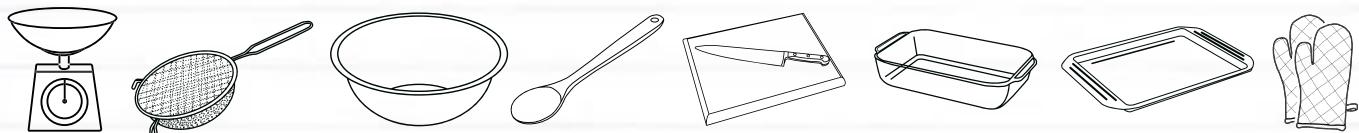
Apple Crumble

Ingredients

50g butter or margarine	25g sugar
100g plain flour	2 eating apples
50g oats	50g sultanas



Equipment



Method

1. Preheat the oven to 190°C or gas mark 5.
2. Rub the butter or margarine into the flour until it looks like breadcrumbs.
3. Stir in the oats and sugar and make sure they're well mixed in.
4. Cut the apples into quarters and remove the core. Slice thinly.
5. Arrange the apple slices in the oven-proof dish, and then add the sultanas.
6. Sprinkle the crumble topping over the apple slices.
7. Bake for 25-30 minutes, until the apple is soft and the crumble is golden.

Top Tips

- Put the oven-proof dish on a baking tray - so if anything bubbles over, it will land on the tray, not the oven.
- Be creative and experiment with other fruits, such as pears, blackberries, apricots, raspberries, peaches, nectarines or plums.
- If you can't get fresh fruit, use canned fruit.

Serve with piping hot custard. Check out the recipe!

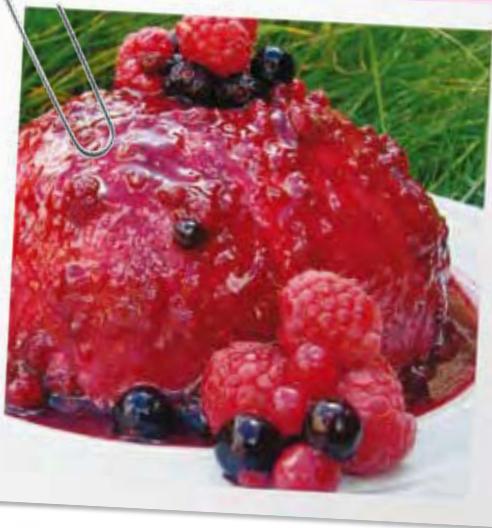


Skills

- Using an oven
- Rubbing in
- Using a knife
- Coring an apple



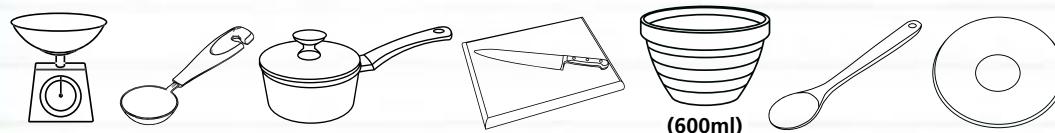
Summer Pudding



Ingredients

150g blackcurrants	100g caster sugar
150g redcurrants	2 x 15ml spoons water
150g raspberries	5-6 slices white bread

Equipment



Method

1. Remove the currants from their stalks.
2. Put all the fruit, sugar and water into the saucepan.
3. Bring the fruit to the boil, then simmer for about 5 minutes.
4. Cut away the crusts from the bread, then cut all but one slice in half.
5. Arrange the slices in a pudding basin. Press the edges down firmly.
6. Spoon the fruit mixture into the basin. Keep a little of the juice for serving.
7. Cover with a whole slice of bread, making sure that there are no gaps around the edge.
8. Place the saucer on top and then add the weight – this will press everything together.
9. Allow to cool and then place in the fridge overnight.
10. To serve, turn out onto a plate and cut into wedges.
Pour over the remaining juice.

Top Tips

- Wash the fruit first.
- Use frozen or canned fruit instead.
- Why not use different types of fruit, such as strawberries, plums and/or gooseberries?
- Not got a weight? An unopened can or jar works just as well.

Skills

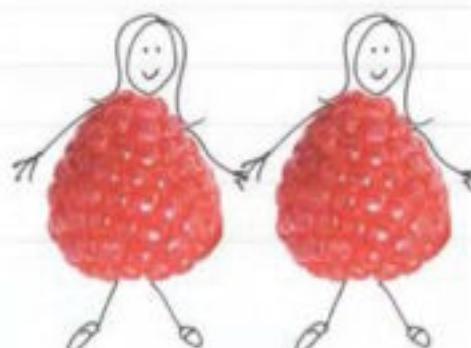
Using the hob



Boiling and simmering



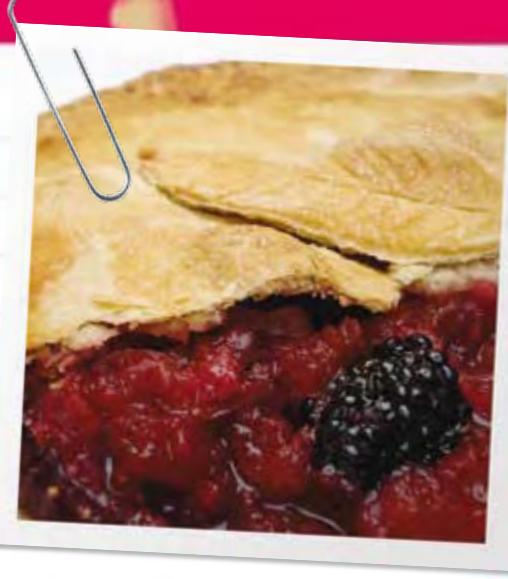
Using a knife



Fruit Pie

Ingredients

100g plain flour	100g blackberries
50g butter/margarine	1 x 15ml spoon sugar
2 – 3 x 15ml spoons water	1 x 10ml spoon milk
400g cooking apples	



Equipment



Method

1. Preheat the oven to 200°C or gas mark 6.
2. Make the shortcrust pastry:
 - sift the flour into a bowl;
 - cut the butter/margarine into small pieces and add to the flour;
 - rub the butter/margarine into the flour, using your fingertips, until it looks like breadcrumbs;
 - add the cold water and start to mix together;
 - mix to form a firm, smooth dough;
 - allow to rest while you prepare the filling.
3. Core and slice the apples.
4. Place the apple slices and blackberries in the oven proof dish. Sprinkle the sugar over the top.
5. Roll out the pastry thinly on a lightly floured surface, until it is large enough to cover the pie dish.
6. Brush a little water around the edge of the pie dish.
7. Carefully place the pastry over the pie dish.
8. Trim away any pastry that hangs over the edge of the dish.
9. Press down the edges with a fork.
10. If you want, decorate your pie with pastry trimmings, then brush them with milk to keep them in place.
11. Make an air vent in the centre of the pie lid.
12. Brush the top of the pie with milk and bake for 20-25 minutes, or until golden brown.

Top Tips

- Use lots of different seasonal fruits throughout the year.
- Serve with yogurt or custard.

Skills

- | | |
|---------------------------|-------------------------------------|
| Rubbing in | <input checked="" type="checkbox"/> |
| Rolling out pastry | <input checked="" type="checkbox"/> |
| Preparing different fruit | <input checked="" type="checkbox"/> |
| Weighing and measuring | <input checked="" type="checkbox"/> |
| Using a knife | <input checked="" type="checkbox"/> |
| Using the oven | <input checked="" type="checkbox"/> |



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at the time of going to press.



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2008
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