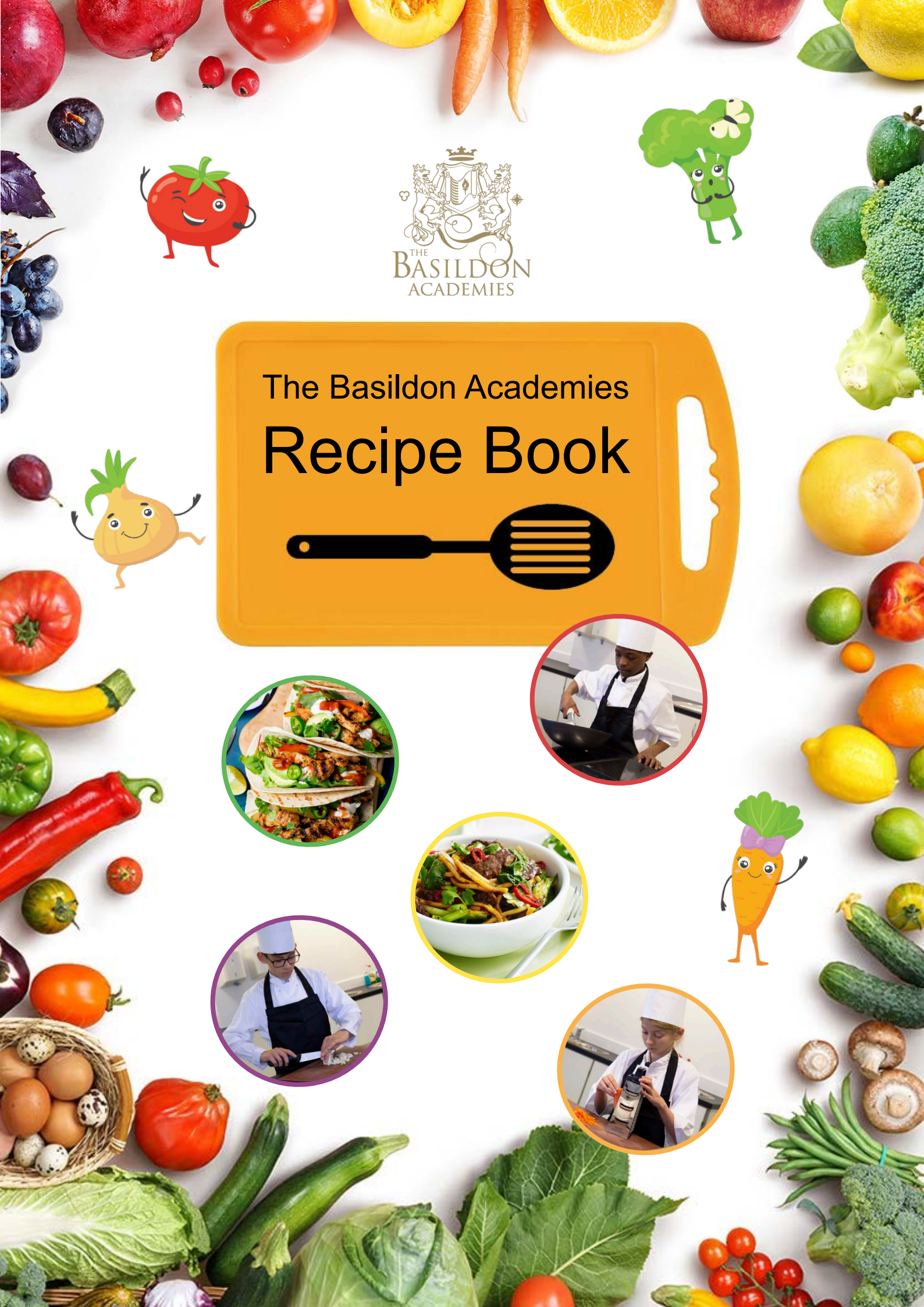




The Basildon Academies
Recipe Book



Welcome

We are delighted to present to you The Basildon Academies Recipe Book.

During lockdown we were overwhelmed with the participation in our 'Cooking with Chef Challenge' where we joined together online to create many different dishes with amazing results.

With so many members of our community sharing our enthusiasm and passion for cooking, we were inspired to produce a book giving us the opportunity to share some of our favourite recipes and to celebrate some of the diverse range of dishes and tastes from around the World.

As well as being enjoyable, cooking is an essential life skill that encompasses areas of other subjects taught within the curriculum. Cooking is also a hugely social activity that can help build confidence, patience and resilience.

We pride ourselves on our passion for good, healthy food and teaching the techniques needed for success.

We all hope that you enjoy this recipe book and will share your culinary successes with us.



Chef Stav



Chef Mason

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Bombay Aloo

Serves 2



Equipment Needed

- Frying pan
- Wooden spoon
- Measuring jug
- Vegetable knife
- Serving dish
- Measuring spoons

Cooking Skills

- Weigh
- Measure
- Cut
- Peel
- Slice
- Fry
- Simmer
- Stir



Did you know?

Mumbai and Bombay shouldn't be confused with each other because they refer to one and the same city name. It's just that Mumbai is the new name while Bombay was its former name.

Top Tip - Serve with a fresh raita made from reduced fat natural yogurt, grated cucumber and 1 tsp of mint sauce.

Ingredients

- 500g new potatoes
- 1 tbsp oil
- 1 large white onion
- 1 tsp turmeric
- 1 tsp cumin powder
- 1 tsp coriander powder
- ¼ tsp dried chilli flakes
- Coriander to garnish



Method

Step 1

Prepare the ingredients: cut the potatoes into bite sized pieces. Peel and slice the onion.

Step 2

Heat the oil in a frying pan and cook the onion over a medium heat until soft and slightly caramelised, about 10 minutes.

Step 3

Add the spices and chilli and cook for a couple of minutes, stirring continuously to release the flavours.

Step 4

Add enough water to cover the ingredients and simmer gently for 10 minutes.

Step 5

Add the potatoes to the pan, cover and cook until they are tender – about 10 minutes.

Step 6

Serve on a plate and garnish.



Measuring spoons



Vegetable knife

Cheese & Chilli Quesadilla

Serves 2



Equipment Needed

- Cheese grater
- Chopping boards x2
- Vegetable knife
- 2 bowls (medium)
- Frying pan
- Wooden spoon
- Fish slice
- Pastry brush
- Measuring spoons

Cooking Skills

- Cut
- Mash
- Fry
- Stir
- Spread
- Weigh
- Measure

Did you know?

Quesadillas originated in central and northern parts of Mexico but the food item rapidly spread to all regions of the country. The literal meaning of quesadilla is "little cheesy thing". The southern regions of Mexico are where we see the first use of queso and stringy cheese-filled quesadillas.



Ingredients

- 30g grated cheddar cheese
- ¼ red pepper
- Pinch of dried chilli flakes
- Pinch of dried mixed herbs
- Pinch of dried garlic
- 1 tsp tomato purée
- 1 flour tortilla
- Oil, for brushing



Ingredients for Salsa

- ¼ tin chopped tomatoes
- ¼ white onion
- ¼ red pepper
- ¼ bunch coriander
- 2 tbsp olive oil
- Pinch of chilli flakes (optional)

Ingredients for Guacamole

- 1 ripe avocado
- Pinch of chilli flakes

Method

Step 1

Dice pepper then add tomato purée, chilli flakes, mixed herbs and dried garlic into a bowl and mix well. Spread the mix over one half of the tortilla then add the cheese.

Step 2

Fold over the other half to make a half-moon shape, then press down to seal.

Step 3

Heat a frying pan on a medium heat.

Step 4

Brush the top with a little oil, then place, oil-side down, into the frying pan.

Step 5

Fry for a couple of minutes until crisp and golden, brush the uncooked side with oil, then flip over for another few minutes then place onto a plate.

Step 6

For the salsa, dice onion and pepper into small chunks, add tomatoes, oil and roughly chopped coriander and mix well in a bowl.

Step 7

To make the guacamole, remove the avocado from the skin and discard the stone. Mash the avocado in a bowl. Add chilli flakes to add spice.

Step 8

Cut the flour tortilla into pizza slice shapes and serve on a plate with salsa and guacamole.

Chilli Ginger Beef Stir Fry

Serves 2



Equipment Needed

- Garlic crusher
- Vegetable knife
- Chopping board
- Wok or frying pan
- Wooden spoon
- Measuring spoons
- Saucepan
- Colander
- Grater
- Zester
- Juicer

Cooking Skills

- Slice
- Peel
- Grate
- Zest
- Boil
- Drain
- Fry
- Juice
- Crush

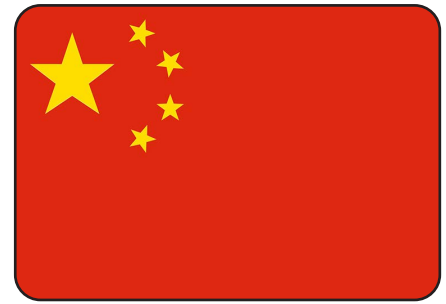


Did you know?

Stir Frying originated in China as two separate methods, Chao and Bao. The methods differed on the basis of the time of cooking, intensity of heat and amount of tossing involved. Stir fried recipes started spreading from China to the entire Asian continent as stir frying imparted a delectable flavour to the dishes prepared using this method. A round bottomed pan called a Wok was traditionally used to make stir fried dishes, which is still used for preparing most of the stir fried recipes, especially in mainland China.

Ingredients

- 2 spring onions
- 1 clove of garlic
- ½ red chilli
- 2.5cm root ginger
- 1 whole lime
- 400g stir fry vegetables, e.g. beansprouts, red pepper, mushrooms and broccoli
- 150g quick cook noodles or 1 packet 'Ready to Wok' noodles
- 1 tbsp oil
- 200g stir fry beef strips or sliced rump steak
- 2 tsp soy sauce (reduced salt)



Method

Step 1

Prepare the vegetables:

- Trim and slice the spring onions
- Peel and crush the garlic
- Deseed the chilli and finely dice (thoroughly wash hands after touching the chilli)
- Peel and grate the root ginger
- Zest and juice the lime
- Trim, deseed, slice or dice any additional ingredients

Step 2

If using dried noodles, bring a pan of water to the boil and cook the noodles for the stated time. Carefully drain and set aside.

Step 3

Heat the oil in the wok or frying pan and add the garlic. Stir fry for 1 minute, but do not allow the garlic to burn.

Step 4

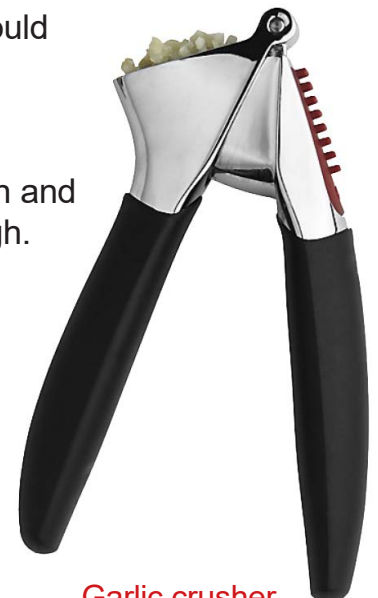
Add the beef strips and brown the meat all over on a high heat; this should take about 2 -3 minutes.

Step 5

Add the spring onion, chilli, ginger, soy sauce and vegetables to the pan and stir fry for a further 2-3 minutes. Add the cooked noodles and stir through.

Step 6

Add the lime juice and serve sprinkled with lime zest.



Garlic crusher

Couscous

Serves 1



Equipment Needed

- Bowl (large)
- Kettle
- Vegetable knife
- Chopping board
- Measuring jug
- Wooden spoon
- Measuring spoons
- Fork
- Weighing scales
- Kitchen scissors

Cooking Skills

- Weigh
- Measure
- Chop and slice
- Snip
- Mix and stir

North Africa



Did you know?

Couscous is a staple food throughout the Maghrebi cuisines of Algeria, Tunisia, Mauritania, Morocco and Libya. It is also widely consumed in France, where it was introduced by Maghreb immigrants.

Top Tip - Vary the vegetables in the couscous dish, e.g. use celery, sweetcorn, peas, olives or mushrooms.

Ingredients

- 175ml boiling water
- 1 vegetable stock cube
- 2 tbsp tomato purée
- 100g couscous
- 1 medium tomato
- 1 spring onion
- ¼ cucumber
- ½ yellow pepper
- 4 dried apricots
- 1 tbsp fresh parsley
- 1 lime



Method

Step 1

Make up the stock by dissolving the stock cube in the boiling water, add the tomato purée and mix until dissolved.

Step 2

Add the couscous to a large bowl and pour over the stock.

Step 3

Fluff with a fork and leave to stand for 5 minutes.

Step 4

Chop the tomato and cucumber into small chunks.

Step 5

Slice the pepper into small strips.

Step 6

Slice the dried apricots and parsley into small pieces.

Step 7

Add all the vegetables to the couscous and snip the spring onions into the bowl using the scissors.

Step 8

Stir everything together.

Step 9

Squeeze the juice of a fresh lime over the couscous and serve.



Mixing bowl

Egg Fried Rice

Serves 1



Equipment Needed

- Bowl (small)
- Vegetable knife
- Chopping board
- Fork
- Frying pan
- Wooden spoon
- Wooden spatula
- Measuring jug
- Saucepan
- Measuring spoons
- Sieve

Cooking Skills

- Stir Fry
- Boil
- Weigh
- Measure
- Chop and slice
- Mix and stir

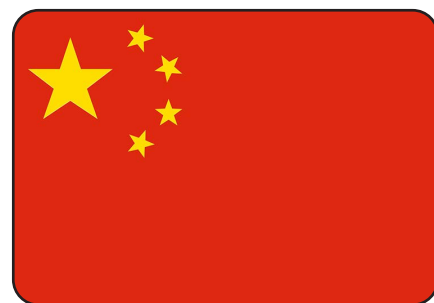


Did you know?

Chinese fried rice is quite an ancient dish that has been introduced as a way to utilise leftover food stuffs. It is said to be a dish that originated in the Sui dynasty in 589- 618 AD. Being the native of Yangzhou city, this fried rice is often known as Yangchow fried rice. South china is famous for making Chinese fried rice, as rice is the main grain in that part of the country.

Ingredients

- 80g long grain rice
- 1 tbsp vegetable oil
- 1 egg
- ½ tbsp light soy sauce
- 20g frozen peas
- 1 spring onion



Method

Step 1

Pour rice into a sieve and rinse under cold water.

Step 2

Tip the rice into a saucepan. Add 150ml of cold water and bring to the boil on a medium heat. Reduce the heat and simmer for 10 minutes, add in the peas and cook for an extra 5 minutes.

Step 3

Cut up the spring onion into small slices.

Step 4

Remove from the heat, drain off any excess water and leave to steam dry in the pan until ready to use.

Step 5

Beat the egg in a bowl using a fork.

Step 6

Heat oil in a frying pan over a medium heat. Add the beaten egg to the frying pan and cook until scrambled.

Step 7

Reduce the heat, add the cooked rice, peas, soy sauce and spring onion.

Step 8

Stir altogether and cook until heated through.

Step 9

Serve.



Wooden spatula

Fajita

Serves 1



Equipment Needed

- Knives
- Chopping boards x2
- Wok or frying pan
- Grater
- Mixing bowl
- Juicer
- Garlic press
- Measuring spoons
- Metal spoons x2
- Weighing scales

Cooking Skills

- Weigh
- Measure
- Juice
- Slice
- Mix and stir
- Marinate
- Grate
- Stir fry
- Peel
- Crush

Did you know?

The first evidence of the fajita comes from Mexican ranch workers living in West Texas along the Rio Grande in the late 1930s and early 1940s. Back then, the workers were sometimes paid with meat as partial payment for their services. They were given the least desirable parts though – the head, entrails and skirt steak, which can be found underneath the cow's heart and lungs.

The workers learned to use the tough cut and make it into an edible meal. They marinated and grilled the meat and served it on tortillas.



Ingredients

- ½ lime
- ½ green chilli
- 1 clove of garlic
- Pinch of fresh coriander
- 2 tsp olive oil
- 1 small chicken breast (or 3-4 thighs)
- ½ onion
- ½ green pepper
- 2 tortillas
- 1 tomato, medium/large
- 25g cheddar cheese
- 1 large spoon of guacamole (or salsa), optional



Method

Step 1

Prepare the marinade:

- Squeeze the lime
- Peel and crush the garlic
- Deseed and slice the chilli, chop the coriander
- Stir everything together with the oil

Step 2

Remove any skin from the chicken and cut into strips, ideally using a red chopping board. Thoroughly wash and dry hands after touching the raw meat. Mix with the marinade and place in the fridge, covered, until needed.

Step 3

Prepare the remaining ingredients with a fresh knife on a clean chopping board:

- Slice the onion and green pepper
- Slice the tomato
- Grate the cheese

Step 4

Over a medium high heat add the marinated chicken to the wok or frying pan and stir-fry for about 4 minutes. Check that the chicken is cooked through.

Step 5

Add the onion and green pepper and continue to cook for a further 2 minutes.

Step 6

Spread a little chicken in the centre of the tortilla, add some tomato, cheese and guacamole, then roll up.

Focaccia Bread

Serves 1



Equipment Needed

- Mixing bowl
- Baking tray
- Measuring jug
- Weighing scales
- Measuring spoons
- Cooling rack
- Mixing spoon

Cooking Skills

- Weigh
- Measure
- Stir and mix
- Knead
- Divide and portion
- Prove
- Bake



Did you know?

There are many variations on the traditional (or plain) focaccia. One way to add other flavours is with toppings. Common focaccia bread toppings include olives, mushrooms, spring onions or tomatoes.

Top Tip - Research different toppings you could add to your focaccia bread.

Ingredients

- 130g strong white bread flour
- ½ tsp salt
- 1g dried easy blend yeast (1 sachet)
- ½ tbsp olive oil
- 100ml of warm water
- Olive oil, for drizzling
- Pinch of fine sea salt
- 1 clove of garlic
- ½ tsp fresh or dried mixed herbs



Method

Step 1

Preheat the oven to 220°C / gas mark 7.

Step 2

Place the flour, salt, yeast, olive oil and warm water into a bowl. Gently stir to form a dough then use your hands to knead the dough in the bowl for five minutes.

Step 3

Tip the dough onto a floured work surface and continue kneading for five more minutes. Return the dough to the bowl, cover and leave to rise until doubled in size, which usually takes 30-60 minutes.

Step 4

Line a baking tray with a little flour. Tip the dough out of the bowl. Flatten the bread onto the tray, pushing to the corners.

Step 5

Drizzle the oil, sprinkle with fine sea salt, finely chopped garlic and mixed herbs then bake in the oven for 20 minutes. When cooked, drizzle with a little more olive oil and serve warm.



Baking tray



Measuring jug

French Cheese Toastie - Croque Monsieur

Serves 1



Equipment Needed

- Knife
- Chopping board
- Grater
- Fish slice

Cooking Skills

- Weigh
- Slice
- Grate
- Grill



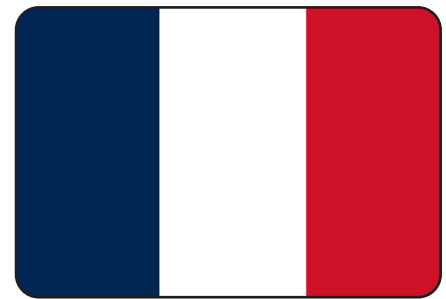
Did you know?

Croque Monsieur is a hot sandwich consisting of ham and cheese on thick slices of white bread. The dish originated in French cafés more than 100 years ago and, since it's easy to prepare and eat with your hands, it quickly became a bistro staple.

Top Tip - Try adding different varieties of cheese, e.g. Mozzarella, Cheddar, Edam, Brie.

Ingredients

- 30g hard cheese, e.g. Cheddar, Edam or Gruyère
- 1 tomato, medium/large
- 2 slices of bread, preferably wholegrain
- 1 slice ham



Method

Step 1

Preheat the grill.

Step 2

Grate cheese on a chopping board – divide into 3.

Step 3

Slice the tomato.

Step 4

Lay the ham over one slice of bread.

Step 5

Arrange the tomato over the other slice of bread.

Step 6

Sprinkle a portion of cheese over both slices of bread.

Step 7

Place the bread, toppings up, under the hot grill.

Step 8

When the cheese is bubbling hot, remove from the grill. Press the 2 slices of bread together, and sprinkle the remaining cheese on top.

Step 9

Place back under the grill until the cheese is melted and golden.



Grater



Fish slice

Honey Cake

Serves 8-10



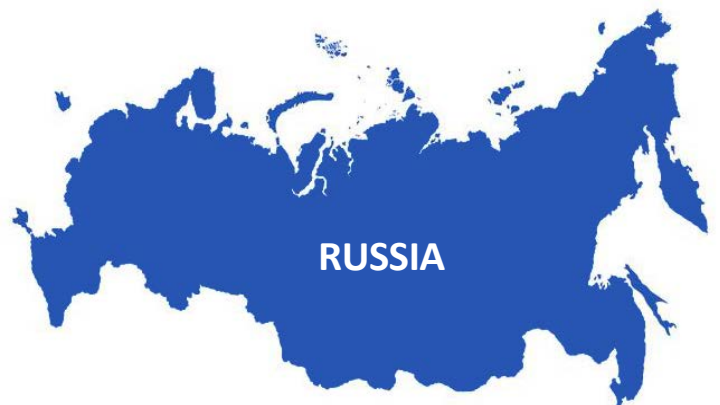
Equipment Needed

- Deep 22–25cm diameter cake tin
- Greaseproof paper
- Weighing scales
- Small bowl
- Fork
- Sieve
- Mixing bowl
- Wooden spoon
- Measuring jug
- Measuring spoons
- Cooling rack

Cooking Skills

- Weigh
- Beat
- Sift
- Mix
- Combine
- Bake

Top Tip - For a more fruity flavour add orange zest before baking.



Ingredients

- 175g self-raising flour
- 75g soft brown sugar
- ½ tsp ground ginger
- ½ tsp ground cinnamon
- 1 tsp ground mixed spice
- 225g clear honey
- 4 tbsp olive oil
- 2 eggs
- 1 tsp bicarbonate of soda
- 75ml orange juice
- Oil or butter for greasing



Method

Step 1

Preheat the oven to 180°C / gas mark 4.

Step 2

Grease and line the cake tin and put to one side.

Step 3

Beat the eggs with the honey and oil in a small bowl.

Step 4

Sift the flour into a mixing bowl and add the sugar and spices.

Step 5

Make a well in the centre of the flour mixture and add the honey, oil and egg mix.

Step 6

Dissolve the bicarbonate of soda into the orange juice and add it to the mixture.

Step 7

Mix well with the wooden spoon.

Step 8

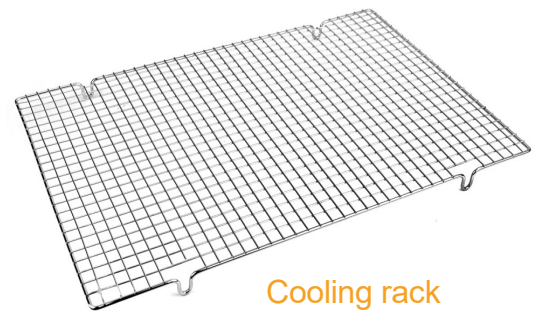
Pour the mixture into the lined tin. Make sure it is only about half way up the tin, as it will need plenty of room to rise.

Step 9

Using oven gloves, place the tin in the oven and bake for 50–55 minutes.

Step 10

After baking, cool the cake in the tin for 10 minutes, then transfer it to a wire cooling rack.



Cooling rack

Jollof Rice

Serves 1



Equipment Needed

- Saucepan/frying pan with lid
- Chopping board
- Knife
- Measuring jug
- Measuring spoons
- Wooden spoon
- Kettle
- Weighing scales

Cooking Skills

- Weigh
- Measure
- Peel
- Chop and slice
- Grate
- Fry
- Stir
- Simmer

Did you know?

Jollof or jollof rice, is a rice dish from West Africa. The dish is typically made with long-grain rice, tomatoes, onions, spices, vegetables and meat in a single pot, although its ingredients and preparation methods vary across different regions.

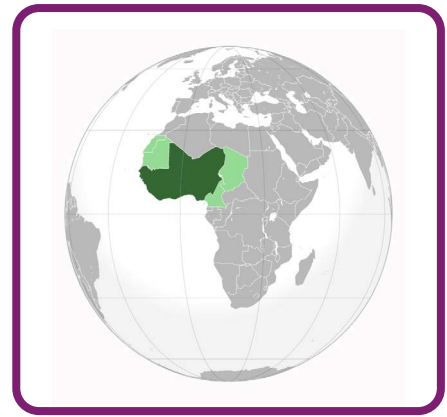
Top Tips

- Use reduced salt vegetable stock for a lower salt content.
- Serve with a crisp green salad.



Ingredients

- 80g basmati rice
- 1 tsp vegetable oil
- ¼ onion, roughly chopped
- ¼ tsp dried garlic
- ¼ tsp dried ginger
- ¼ tsp dried chilli flakes
- ¼ tsp smoked paprika
- ½ tbs tomato purée
- 100ml tomato passata
- 80ml vegetable stock, from a cube
- ½ red pepper
- Pinch of fresh coriander
- Freshly ground black pepper



Method

Step 1

Tip the basmati rice into a bowl and cover with cold water. Set aside.

Step 2

Heat the oil in a large lidded pan, add the onion and cook for 2–3 minutes, or until just softened but not coloured.

Step 3

Stir in the garlic, ginger, chilli and smoked paprika and cook for 1 minute. Add the tomato purée and mix well.

Step 4

Drain the rice and stir it into the mixture. Add the tomato passata and half of the stock. Stir well and bring to a simmer. Cover with a lid and cook gently over a medium-low heat for 10-15 minutes, or until the liquid has nearly been absorbed.

Step 5

Stir the rice well, then add the remaining stock and stir once more. Deseed and roughly chop the pepper and scatter over the top of the rice, return the lid to the pan and cook for another 5 minutes, or until all the liquid has been absorbed and the rice and peppers are tender. (If the rice is not quite done, cook for a further 5 minutes.) Season with pepper, stir in roughly chopped coriander and serve.



Wooden spoon

Kettle



Moroccan Tagine

Serves 4-5



Equipment Needed

- Chopping board
- Colander
- Large non-stick frying pan
- Weighing scales
- Knife
- Measuring spoons
- Mixing spoon

Cooking Skills

- Weigh
- Measure
- Peel
- Chop and cut
- Fry
- Stir
- Boil and simmer
- Drain

Did you know?

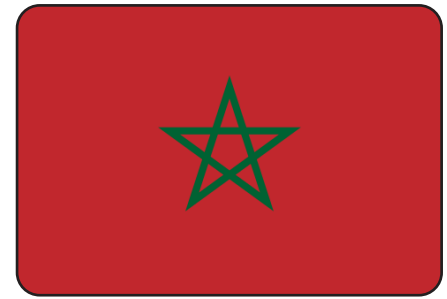
The Moroccan tagine (the French word is "tajine") is a traditional Moroccan dish resembling a tender, stew-like dish which is slow-cooked in the traditional cookware. It takes its naming after the well-known earthenware pot made of clay or ceramic in which it is being cooked over coals.

Top Tip - Serve with couscous and a side salad.

MOROCCO

Ingredients

- 1 white onion
- 75g dried apricots
- 2 tbsp fresh coriander
- 450g lean lamb mince
- 1 tsp ground paprika
- 1 tsp ground coriander
- 1 tsp ground ginger
- 1 tsp ground turmeric
- 1 x 400g can chopped tomatoes
- 1 x 400g can chickpeas



Method

Step 1

Prepare the ingredients:

- Peel and finely chop the onion
- Cut the apricots into quarters
- Roughly chop the fresh coriander

Step 2

Dry-fry the lamb mince, onion, paprika, ground coriander, ginger, and turmeric for 3-4 minutes.

Step 3

Stir in the chopped tomatoes.

Step 4

Bring the mixture to the boil, reduce the heat and then simmer for 15-20 minutes.

Step 5

Drain the canned chickpeas, add along with the apricots.

Step 6

Stir in the fresh coriander and serve.



Frying pan

Naan Bread

Serves 2



Equipment Needed

- Mixing bowl
- Baking tray
- Measuring jug
- Sieve
- Wooden spoon
- Rolling pin
- Cooling rack
- Saucepan

Cooking Skills

- Weigh
- Measure
- Sift
- Mix
- Knead
- Divide
- Form and shape
- Bake



Did you know?

During the 1500s, it is recorded that naan bread was integrated into the breakfasts of many different royals; A tradition that would remain a delicacy for the next two centuries. However, naan would eventually become a food staple that everyone could enjoy alongside their favourite dish.

There are many different types of naan bread and different seasonings and spices are used to transform the flavours, such as turmeric, coriander and chilli powder.

Ingredients

- 60ml semi-skimmed milk
- 200g strong white bread flour
- 1 tsp baking powder
- ½ sachet instant yeast
- 1 tsp olive oil
- 1 tbsp low fat plain yogurt



Method

Step 1

Warm the milk in a saucepan.

Step 2

Sift the flour and baking powder into a bowl. Stir in the yeast.

Step 3

Add the yogurt, oil and warm milk and mix into a soft dough.

Step 4

Knead for 10 minutes, cover and leave the dough to prove (rise) for around 30-60 minutes.

Step 5

Preheat the oven to 230°C / gas mark 8 and place the baking tray in the oven to warm.

Step 6

Split the dough into 2 equal portions.

Step 7

Roll out each piece of dough into a 'tear' shape (oval).

Step 8

Cook the naans on the heated tray for 3-4 minutes, until puffed up and brown.



Plastic mixing spoon

Red Pepper & Bean Tikka Masala

Serves 2



Equipment Needed

- Saucepans x2
- Weighing scales
- Mixing spoon
- Knife
- Chopping board
- Colander
- Measuring spoons

Cooking Skills

- Weigh
- Measure
- Peel
- Slice, chop, dice and cut
- Juice
- Fry
- Simmer
- Boil



Did you know?

Some believe that it was invented in the 1970s by a Bangladeshi chef in Glasgow, Scotland, who, in order to please a customer, added a mild tomato-cream sauce to his chicken tikka, which is pieces of boneless chicken marinated in yogurt and curry spices and served on a skewer, kebab-style.

Top tip - Serve with natural yogurt and a homemade naan bread.

Ingredients

- ½ tbsp vegetable oil
- ½ white onion
- 1 red pepper
- 2 -3 tsp tikka masala powder
- ½ tbsp tomato purée
- 200g can of mixed beans
- ½ tsp lemon juice
- Fresh coriander
- 100g long grain easy cook rice
- 250ml cold water
- 1 tbsp plain natural yogurt
- Pinch of salt



Method

Step 1

Dice onion and deseed and slice pepper.

Step 2

Heat the oil in a saucepan over a medium heat, add the onion and red pepper with a small pinch of salt and fry until softened, around 3 minutes. Add in the tikka masala powder and fry for 1 minute longer.

Step 3

Spoon in the tomato purée, mixed beans, 50ml water and stir. Simmer for 15 minutes.

Step 4

Using a sieve, rinse the rice until the water runs clear. Place the washed rice into a saucepan and add 200ml of cold water. Boil rice on a high heat until the water has evaporated and the rice is soft.

Step 5

Just before serving, add lemon juice to the masala and stir.

Step 6

Serve the malasa with the cooked rice, a tbsp of plain natural yogurt. Garnish with chopped fresh coriander.



Weighing scales



Colander

Sizzling Stir Fry

Serves 2



Equipment Needed

- Saucepan
- Wok or frying pan
- Weighing scales
- Knives
- Garlic press
- Grater
- Wooden spoon
- Colander
- Chopping boards
- Measuring spoons

Cooking Skills

- Weigh
- Measure
- Crush
- Slice and shred
- Stir fry
- Stir
- Simmer and boil
- Drain



Did you know?

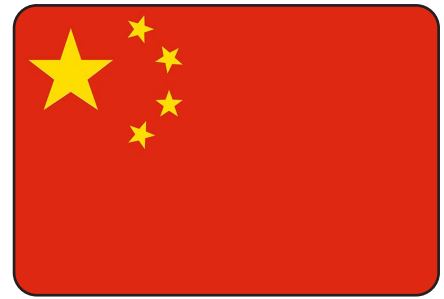
Bok Choy is also called Chinese White Cabbage.

Top tips

- Use noodles that have already been cooked.
- Vary the vegetables; leeks, courgettes and carrots all work well.

Ingredients

- 100g noodles
- 1 x chicken breast (or 3-4 deboned chicken thighs)
- ½ red chilli
- 1 clove of garlic
- 1cm fresh ginger
- ½ red onion
- 1 bok choy
- ½ yellow pepper
- 3 mushrooms, medium
- 2 tsp olive oil
- 2 tsp soy sauce (reduced salt)



Method

Step 1 Cook the noodles in boiling water. Check the packet for details.

Step 2 While the noodles are cooking, remove any skin from the chicken and cut into strips, ideally on a red chopping board. Thoroughly wash and dry hands after touching raw chicken. Place in the fridge, covered, until needed.

Step 3 Prepare the vegetables with a fresh knife on a clean chopping board:

- Peel and crush the garlic
- Deseed and slice the chilli
- Peel and slice the ginger
- Slice the onion, pepper and mushrooms
- Shred the bok choy

Step 4 Heat the oil in the wok or frying pan.

Step 5 Add the onion, garlic, chilli and ginger. Allow to cook for 1 minute.

Step 6 Add the chicken and stir-fry for 3-4 minutes. Check that the chicken is cooked thoroughly.

Step 7 Add the remaining vegetables and soy sauce and continue to cook for a further 2 minutes.

Step 8 Drain the boiling water away from the noodles into a colander in the sink.

Step 9 Stir in the cooked noodles and cook for 2 minutes until hot.

Step 10 Serve.

Smoked Shredded Chicken

Serves 1



Equipment Needed

- Wok or frying pan
- Mixing bowls
- Knives
- Chopping boards
- Measuring spoons
- Wooden spoon
- Baking tray

Cooking Skills

- Weigh
- Measure
- Slice and shred
- Stir fry
- Stir



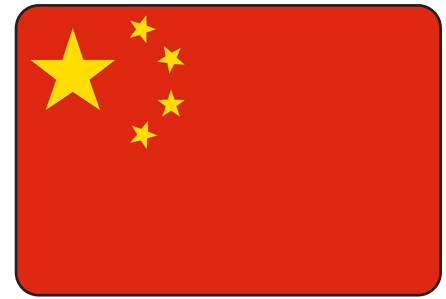
Did you know?

Smoked salt is a great store cupboard ingredient to add extra flavour to your cooking. ... Smoked salt is created when rock salt or sea salt are smoked over a wood fire.

Top tip - Cut the chicken into thin strips so it cooks quickly.

Ingredients

- 1 chicken breast
- 1 egg
- 1 red pepper
- ½ tsp hoisin sauce
- Plain flour, enough to cover the chicken
- 2 spring onions
- 2 birds eye chillies
- Pepper
- Smoked salt



Method

Step 1

Preheat the oven to 180°C / gas mark 4.

Step 2

Cut the spring onions, pepper and chillies into thin strips.

Step 3

Put flour into a dish and season with a large pinch of smoked salt and pepper, then mix together.

Step 4

In a separate dish mix the egg and hoisin sauce.

Step 5

Thinly slice the chicken breast, ideally on a red chopping board. Add chicken to egg mix.

Step 6

Remove chicken from egg mix and coat with flour. Ensure each piece of chicken is fully coated and then place on a baking tray and cook in the oven for 30 minutes. Wash and dry hands completely after handling raw chicken.

Step 7

Using oven gloves, remove from the oven then add a light coating of salt and smoked salt, repeat for each batch.

Step 8

Place the cooked chicken, sliced peppers, chillies and spring onions in the wok and fry for 1 minute.

Step 9

Serve on a plate.

Chopsticks



Spicy Turkish Ezme Salad

Serves 2



Equipment Needed

- Chopping board
- Knife
- Large bowl
- Measuring spoons
- Mixing spoon

Cooking Skills

- Measure
- Peel
- Cut and slice
- Mix



TURKEY

Top tip - Using sumac instead of lemon juice, or the zest of a lemon, immediately enhances dishes, giving a fascinating and exotic twist. Fish, poultry and vegetable dishes all spring to life in a new way. Simply sprinkle over yogurt as a dip, too.

Ingredients

- 2 tomatoes, medium
- 1 red onion
- 1 clove of garlic
- 2 green peppers
- ¼ bunch of parsley
- 1 tbsp lemon juice
- 2 tbsp pomegranate molasses
- 1 tsp pepper paste, optional
- 2 tbsp olive oil
- Salt to taste
- ½ tsp hot red pepper flakes
- ½ tsp sumac
- A pinch of dried mint



Method

Step 1

Peel the tomatoes and chop as finely as you can with the onion, garlic, green peppers and parsley into a bowl. The finer the better.

Step 2

Add to the bowl lemon juice, pomegranate molasses, olive oil and pepper paste.

Step 3

Mix together.

Step 4

Add salt and spices, mix well. Taste and make any adjustments you like.

Step 5

Chill it in refrigerator for half an hour before serving.



Chopping board

Measuring spoons



Swiss Roll

Serves 4



Equipment Needed

- Swiss roll tin 18cm x 30cm
- Electric hand mixer
- Knives
- Weighing scales
- Greaseproof baking paper
- Pastry brush
- Palette knife
- Mixing bowl
- Large metal spoon
- Cooling rack
- Measuring spoon

Cooking Skills

- Weigh and measure
- Sift
- Whisk
- Bake
- Spread
- Fold
- Stir

Did you know?

The earliest published reference for a rolled cake spread with jelly was in the Northern Farmer, a journal published in Utica, New York, in December 1852. Called "To Make Jelly Cake", the recipe describes a modern "jelly roll" and reads: "Bake quick, and while hot spread with jelly. Roll carefully, and wrap it in a cloth. When cold, cut in slices for the table."

Ingredients

- 75g self-raising flour
- 3 eggs
- 75g caster sugar
- 2-3 tbsp jam
- Extra sugar for rolling up
- Oil or butter for greasing



Method

Step 1

Preheat oven to 200°C / gas mark 6.

Step 2

Line and grease the swiss roll tin with greaseproof paper.

Step 3

Crack the eggs into the mixing bowl. Add the sugar.

Step 4

Whisk the eggs and sugar together until thick, creamy and white.

Step 5

Sift the flour into a bowl.

Step 6

Gently fold in the flour, using a metal spoon, a little at a time.

Step 7

Pour the mixture into the Swiss roll tin.

Step 8

Bake for 8 – 10 minutes, until golden brown and firm to the touch. Do not overcook.

Step 9

While the Swiss roll is baking, place a piece of greaseproof paper on the work surface and sprinkle the extra sugar on top.

Step 10

When the Swiss roll is cooked, tip it onto the sugared paper. Peel off the lining paper from the cake.

Step 11

Spread the jam over the cake with a palette knife.

Step 12

Roll the cake, using the paper and a tea towel to help you.

Step 13

Place on a cooling rack.

Tandoori Chicken

Serves 4



Equipment Needed

- Large bowl
- Measuring spoons
- Large spoon
- Chopping board
- Sharp knife
- Juicer
- Tongs

Cooking Skills

- Measure
- Cut
- Juice
- Mix
- Grill



Did you know?

Tandoori Chicken is originally a Punjabi preparation, it is a soft, succulent dry dish made by slow roasting spiced and marinated chicken in a clay oven called tandoor.

Top Tip - Serve with a fresh raita made from reduced fat natural yogurt, grated cucumber and 1 tsp of mint sauce.

Ingredients

- 1-2 tbsp tandoori paste
- 4 x 15ml spoons low fat plain yogurt
- 1 lemon or lime
- 8 chicken drumsticks or 2 chicken legs
- 1 tbsp low fat plain yogurt



Method

Step 1

Juice $\frac{1}{2}$ a lemon or lime.

Step 2

Mix the tandoori paste, 60ml yogurt and citrus juice together in a bowl.

Step 3

Remove the chicken skin and score the chicken with a sharp knife. Thoroughly wash and dry your hands after touching the raw meat.

Step 4

Cover the chicken with the tandoori mix. Allow to marinade for 2 hours, preferably overnight.

Step 5

Barbeque, grill or oven bake, turning occasionally, using tongs (15-20 minutes). Ensure that chicken is completely cooked through – the juices run clear and no pink meat remains.

Step 6

Serve with naan bread (page 26), a tbsp of plain natural yogurt and the other $\frac{1}{2}$ of a fresh lemon or lime.



Juicer



Tongs

Teriyaki Stir Fry

Serves 2



Equipment Needed

- Chopping board
- Knives
- Grater
- Wok/frying pan
- Wooden spoon
- Saucepan
- Measuring spoon
- Serving dish
- Weighing scales
- Colander

Cooking Skills

- Measure
- Crush
- Slice and shred
- Stir fry
- Stir
- Simmer and boil
- Drain

JAPAN



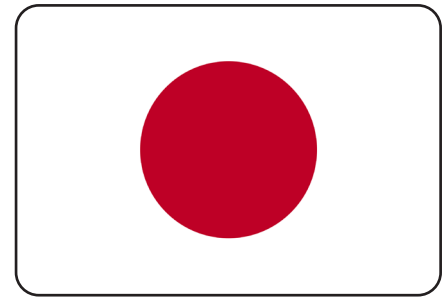
Did you know?

It is said that the history of teriyaki sauce can be traced back to early Japanese immigrants who settled in Hawaii, and who created a distinctive marinade using local products like pineapple juice, which they blended with soy sauce.

Eventually, the sauce that most people call teriyaki was born. Its ingredients are brown sugar, cornstarch, garlic, mirin (rice wine) sake, soy sauce and sugar.

Ingredients

- 100g noodles
- 1 x chicken breast or chicken thigh
- Teriyaki sauce sachet
- 1cm fresh ginger
- ½ red onion
- 1 bok choy
- ½ yellow pepper
- 3 mushrooms, medium
- 2 tsp olive oil
- 1 clove of garlic
- 1 chilli



Method

Step 1 Cook the noodles in boiling water. Check the packet for details.

Step 2 While the noodles are cooking, remove any skin from the chicken and cut into strips, ideally on a red board. Thoroughly wash and dry hands after touching raw chicken. Place in the fridge, covered, until needed.

Step 3 Prepare the vegetables with a fresh knife on a clean chopping board:

- Peel and crush the garlic
- Deseed and slice the chilli
- Peel and slice the ginger
- Slice the onion, pepper and mushrooms
- Shred the bok choy

Step 4 Heat the oil in the wok or frying pan.

Step 5 Add the onion, garlic, chilli and ginger. Allow to cook for 1 minute.

Step 6 Add the chicken and stir-fry for 6-7 minutes. Check that the chicken is cooked.

Step 7 Add the remaining vegetables and teriyaki sauce and continue to cook for a further 2 minutes.

Step 8 Drain the boiling water away from the noodles into a colander in the sink.

Step 9 Stir in the cooked noodles and cook for 2 minutes until hot.



Tuna Pasta Bake

Serves 2



Equipment Needed

- Saucepans x2
- Sieve or colander
- Baking dish
- Vegetable knife
- Wooden spoon
- Measuring jugs

Cooking Skills

- Measure
- Weigh
- Drain
- Cut/chop
- Grate
- Melt
- Simmer
- Boil
- Mix
- Bake

UNITED
KINGDOM



Did you know?

The Atlantic bluefin tuna can reach ten feet in length and weigh as much as 2000 pounds (more than a horse). Their specialised body shape, fins and scales enable some species of tuna to swim as fast as 43 miles per hour.

Ingredients

- 200g can tuna fish (in water)
- 150g can sweetcorn (or frozen)
- 2 tomatoes, medium
- 75g cheddar cheese
- 25g butter or spread
- 25g plain flour
- 250ml semi-skimmed milk
- 250g pasta shapes
- Parsley (dried or fresh)
- Black pepper



Method

Step 1 Preheat the oven to 200°C/gas mark 6.

Step 2 Prepare the ingredients:

- Open the can of tuna and drain
- Open the can of sweetcorn (if using) and drain
- Cut the tomatoes into small chunks
- Grate the cheese

Step 3 Melt the butter or spread in a saucepan. Add the flour and stir into a paste.

Step 4 Gradually add the milk, stirring constantly. The sauce will become thick.

Step 5 Reduce the heat and allow to simmer for 2 minutes. Add seasoning, if desired.

Step 6 Boil the pasta for 10 minutes until tender, and drain.

Step 7 Add the cooked pasta, tuna and vegetables to the sauce and stir the mixture together.

Step 8 Pour the pasta mixture into a baking dish. Sprinkle grated cheese on top.

Step 9 Using oven gloves, place in the oven for 20 minutes. Bake until golden brown.

Step 10 Add finely chopped parsley to the top and serve.



Saucepan

Weighing
scales



Turkish Kebab

Serves 2



Equipment Needed

- Knife
- Chopping board
- Mixing bowl
- Spoon
- Baking tray
- Frying pan
- Cling film
- Scales
- Water jug

Cooking Skills

- Frying
- Bake
- Weigh
- Measure
- Mix
- Knead
- Divide
- Form and shape

TURKEY

Top Tip - Serve with Ezme Salad or cooked vegetables, for example cooked pepper.

Ingredients

- 100g strong white bread flour
- ½ tsp yeast
- ½ tsp of salt
- 1 ½ tsp of caster sugar
- 160ml water
- Vegetable oil
- 100g chicken or lamb
- 1 tbsp sumac
- 1 tbsp smoked paprika
- 1 tsp chilli flakes



Method

Step 1 Preheat the oven to 200°C/gas mark 6.

Step 2 Slice the lamb or chicken and marinade with sumac, paprika and chilli flakes, mix and place on a baking tray in the pre-heated oven for 30 minutes.

Step 3 To make the flat bread put the flour, salt, sugar and yeast into a large bowl. Add the water and mix together to get a smooth soft dough.

Step 4 Pour a little oil on to work surface and place dough on it. Knead well for 5-8 minutes or until you have a smooth elastic dough.

Step 5 Place dough in a lightly oiled bowl, cover and leave to rise (ideally the dough will double in size, which usually takes 30-60 minutes).

Step 6 Remove dough and fold onto itself to expel air.

Step 7 Divide into 2 equal pieces and shape into balls.

Step 8 Roll each ball out thinly (approx. 20 cm in diameter).

Step 9 Place dough on to a lightly oiled, hot frying pan until golden brown on both sides.

Step 10 Serve the cooked chicken or lamb inside the bread.



Sharp knife

Spring Rolls

Makes 4



Equipment Needed

- Chopping board
- Vegetable knife
- Vegetable peeler
- Mixing bowl
- Kitchen scissors
- Measuring spoons
- Dessert spoon
- Baking tray
- Pastry brush

Cooking Skills

- Weigh
- Measure
- Trim
- Grate
- Mix
- Divide
- Fold
- Glaze
- Bake

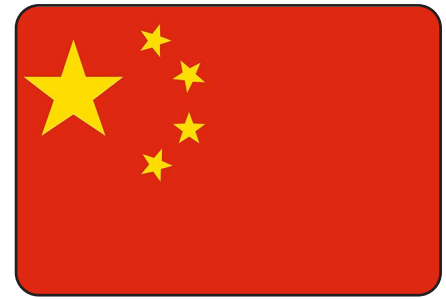


Did you know?

It is believed that spring rolls originated from China. They are usually eaten during Chinese New Year, also called the Spring Festival in mainland China, hence the name. Eating spring rolls is a way to welcome the arrival of spring. The golden cylindrical-shaped rolls represent gold bars - which symbolise wealth.

Ingredients

- 2 spring onions
- 40g beansprouts
- 25g frozen peas
- 20g carrot
- 1 tbsp oyster sauce
- 4 filo pastry sheets
- Oil



Method

Step 1 Preheat the oven to 200°C / gas mark 6.

Step 2 Top, tail, peel and grate the carrot.

Step 3 Snip the spring onions into the mixing bowl.

Step 4 Add the beansprouts, grated carrot, peas and oyster sauce.

Step 5 Mix the ingredients together.

Step 6 Place the filo pastry sheets on the work surface.

Step 7 Halve the pastry sheet and work on one half at a time.

Step 8 Spoon a little vegetable mixture along the top edge.

Step 9 Roll over twice.

Step 10 Fold in the two ends.

Step 11 Continue to roll up the spring roll.

Step 12 Place on the baking tray.

Step 13 Brush with a little oil.

Step 14 Bake for 15 minutes, until golden.



Kitchen scissors



Pastry brush

Glossary of Equipment



Apron



Baking dish



Baking tray



Cake tin



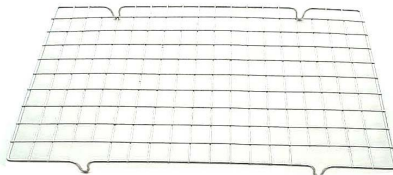
Chopping board



Cling film



Colander



Cooling rack



Electric hand mixer



Fish slice



Frying pan



Garlic press



Grater



Greaseproof baking paper



Juicer

Glossary of Equipment



Kettle



Kitchen scissors



Measuring jug



Measuring spoons



Mixing bowl



Mixing spoon



Oven gloves



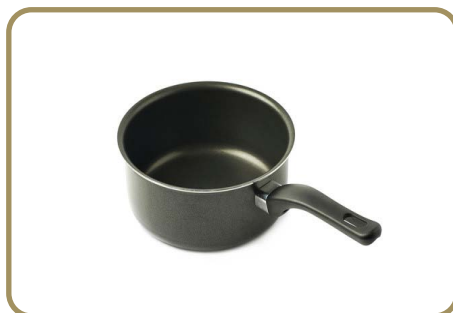
Palette knife



Pastry brush



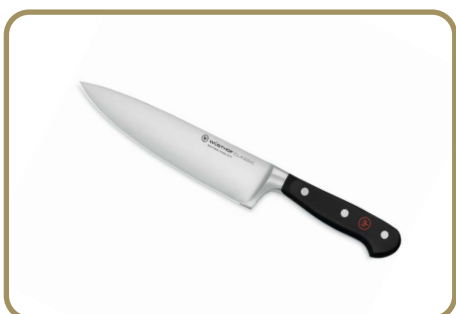
Rolling pin



Saucepan



Serving dish



Sharp knife



Sieve



Spatula

Glossary of Equipment



Swiss roll tin



Tin opener



Tongs



Vegetable knife



Vegetable peeler



Water jug



Weighing scales



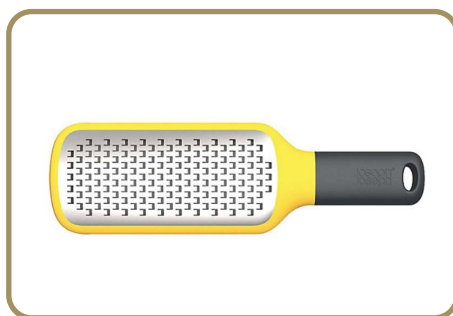
Whisk



Wok



Wooden spoon



Zester

Glossary of Skills



Bake



Beat



Boil



Chop



Combine



Crush



Cut



Dice



Divide & portion



Drain



Fold



Form & shape

Glossary of Skills



Fry



Glaze



Grate



Grill



Juice



Knead



Marinate



Mash



Measure



Melt



Mix



Peel

Glossary of Skills



Prove



Roast



Rolling



Shred



Sift



Simmer



Slice



Snip



Spread



Stir



Stir fry



Trim

Glossary of Skills



Weigh



Whisk



Zest





HEALTHY

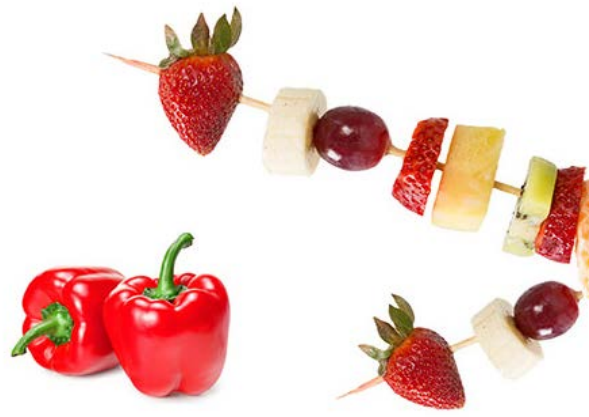
WHAT YOU EAT LITERALLY BECOMES YOU. YOU HAVE A CHOICE IN WHAT YOU'RE MADE OF



tasty

To keep the body in good health is a duty, otherwise we will not be able to keep our mind strong & clear.

THE GROUNDWORK OF ALL HAPPINESS IS HEALTH.





THE
BASILDON
ACADEMIES

