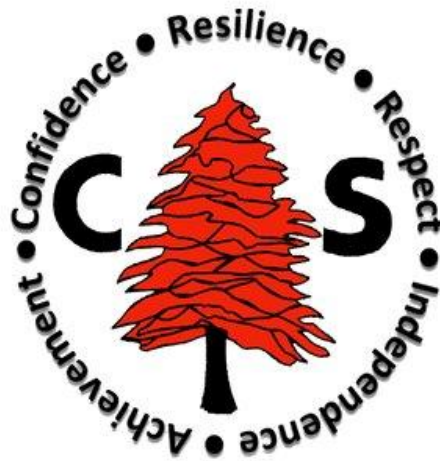




Cedarbank School Food For Thought Recipe Booklet



Contents Page

January

Chicken, cheese and Leek parcels

February

Cauliflower cheese

March

Spinach and ricotta stuffed loaf

April

Strawberry cheesecake

May

Pineapple upside down cake

June

Cheesy nachos with homemade guacamole

July

Banana and Chocolate Chip Loaf

August

Carrot and Orange soup

September

Broccoli and cheese flan

October

Pumpkin pie

November

Roasted Vegetable Soup

December

Poached Pear and Toffee Sauce

Cheesy chicken and leek parcels

Ingredients

1 chicken breast (precooked)
1/2 leek
70g cheese (mature cheddar preferable)
1 sheet of ready rolled shortcrust pastry
1 tbsp plain flour
150ml milk
20g butter

Method

1. Cut out 2 squares from your sheet of pastry.
2. Shred your leek into little pieces. Grate your cheese and cut up your cooked chicken breast.
3. Make your white sauce: melt butter in a small pot, then add tbsp of plain flour off of the heat and mix. Put the small pot back onto the heat and add milk to the paste and stir continuously until the sauce thickens.
4. Add cheese and melt into sauce. Add leeks and chicken to sauce.
5. Spoon the chicken mixture into the middle of your pastry sheet. Fold the corners of the pastry square into the middle of the square and press together. Repeat for second pastry square.
6. Place on baking tray and bake for 20 minutes. Serve with a salad garnish.



Cauliflower Cheese

Ingredients

1 cauliflower
1 tbsp plain flour
1 tbsp butter
300ml milk
100g cheese
salt and pepper
herbs (optional)

Method

1. Wash and take off the green leaves from the cauliflower. Place the cauliflower in a large pot with water and salt and boil for 15 minutes.
2. In a small pot melt the butter. Once melted, take off the heat and mix in the plain flour until it forms a paste. Add a bit of milk and whisk. Put back onto the heat and add the remaining milk, stirring continuously.
3. Grate the cheese onto a plate.
4. Once the sauce has thickened remove from heat. Add the cheese and mix in until it is melted.
5. Remove cauliflower from the pot and place in a large serving bowl.
6. Pour sauce over the cauliflower and season. If herbs are being added, sprinkle over the top of the cauliflower. Add some grated cheese to the top.
7. Place in oven and cook for a further 15 minutes.
8. Serve.



Spinach and Ricotta Stuffed Loaf

Ingredients

1 bag of spinach leaves
1 tub of ricotta cheese
garlic
salt and pepper
1 uncut farmhouse loaf

Method

1. Cut the top off of the loaf and scoop the inside of the loaf out. Use the inside of the loaf to break up into little bread pieces.
2. Cook the bag of spinach by steaming or boiling it. Drain once ready.
3. Using a large bowl, put the spinach and ricotta cheese into the bowl and mix thoroughly.
4. Place the mixture inside the loaf and put the lid on. Place in oven.
5. Put bread bits onto a baking tray and sprinkle with garlic and seasoning. Bake in the oven.
6. Take the bread bits and stuffed loaf out of the oven after 15 minutes.
7. Dip the bread bits into the stuffed loaf and hey presto :).



Strawberry and White Chocolate Cheesecake

Ingredients

Base: 100 g ginger nut biscuits
40 g butter

Filling 7 strawberries
75 g white chocolate
100 g low fat cream cheese
20 g caster sugar
150 ml double cream

Method

1 **Base**

Crush the biscuits.

Melt the butter and mix in the biscuits.

Press the mixture into a 15 cm flan ring. Chill.

2 **Filling**

- Melt the chocolate in the microwave and cut your strawberries into slices.

- Beat the cream cheese and the sugar together lightly with a wooden spoon. Do not over beat or it will be too soft.

- Whisk the double cream until it peaks.

- Add the melted chocolate to the cream cheese. Stir until just mixed.

- Fold in half of the whipped cream to the cream cheese mixture. Keep the rest of the cream for piping.

- Spoon the cream cheese mixture over the biscuit base, smooth and chill until firm. Add strawberry slices to the top of the cheesecake.



Pineapple Upside Down Cake

Ingredients

1 x 10ml spoon soft brown sugar
2 pineapple rings
1 glacé cherry
50g soft margarine
50g caster sugar
50g SR flour
1 egg

Oven: Gas no 5/ Electric 180°C
Time: 20 mins approx

Method

1. Set oven.
2. Grease the tinfoil flan tin.
3. Sprinkle brown sugar over the base of the tin.
4. Arrange the fruit on the base of the tin (*Remember that this will be the top of the pudding when you serve it, so make a neat pattern!*)
5. Put the margarine, caster sugar, flour and the egg in a bowl and mix with an electric mixer for 30 seconds.
6. Spread the mixture carefully over the fruit.
7. Place the tinfoil dish on a baking tray.
8. Bake till well risen and golden brown and springy to touch.
9. Turn out and serve.



Cheesy nachos with homemade guacamole

Ingredients

1 bag of tortilla chips
100g cheese
1 avocado
1 large tomato
seasoning
lemon juice

Method

1. place nachos in large bowl that you can put in the microwave. Grate cheese and sprinkle over the top.
2. Place in microwave to melt the cheese.
3. Half the avocado and scoop out inside with a spoon into a small bowl. Finely dice the tomato and mix altogether. Squeeze some lemon juice into the bowl.
4. Season to taste.
5. Take nachos out of the microwave and serve with some guacamole.



Banana and Chocolate Chip Loaf

Ingredients

50g SR flour (6x15ml)
50g caster sugar (4x15ml)
50g soft margarine
1 egg
½ banana
2 x 15ml chocolate chips
1 x 15 ml spoon soft brown sugar

Method

1. Set oven to **180°C / Gas 5**
2. Grease a foil container with some butter.
3. Sieve the flour into a bowl then add in caster sugar, margarine and egg.
4. Beat well until very soft, light and creamy.
5. Add in mashed banana and the chocolate chips
6. Pour mixture into foil container.
7. Lightly sprinkle the brown sugar over the top of the sponge mixture.
8. Bake in the oven for 12-15 minutes till well risen, golden brown and springy to the touch.
9. Cool on a wire tray.

Carrot and Orange Soup

Ingredients

Carrot	1 large
Onion	½
Chives	a few for garnish
Margarine	10g
Vegetable stock	250ml
Orange juice	2 x 15ml
Salt and pepper	
Low fat crème fraiche	1 x 15ml

Method

1. Wash, peel and rewash the carrot then slice into even sized pieces.
2. Peel and roughly chop the onion.
3. Chop the chives into 1cm lengths.
4. Melt the margarine in a medium sized pot, add the onion and season lightly. Cook gently, with a lid on the pot, until soft – but not coloured.
5. Add the carrots, cover and cook gently for 5 minutes.
6. Add the stock and bring to the boil.
7. Cover and simmer for 20 minutes.
8. Cool a little then purée the soup.
9. Add the orange juice and adjust the seasoning.
10. Stir in the crème fraiche and gently reheat the soup. Adjust the consistency if necessary.
11. Pour into container.
12. Garnish with the chives and serve.



Broccoli and Cheese Flan

Ingredients

Pastry:

75g plain flour (9x15ml)

37½g hard margarine

cold water to bind

Filling:

1 egg

100ml milk

50g broccoli florets

50g cheddar cheese, grated

1 x 10ml cornflour

pinch of mustard powder

seasoning

Oven temp:

Pastry: 200°C / Gas 6

Filling: 180°C / Gas 5

Time: approx.

Pastry: 15 minutes

Filling: 25 minutes

Method

1. Set oven.
2. Sieve flour into bowl, cut up margarine and rub in until mixture resembles fine breadcrumbs.
3. Sprinkle in enough water to bind the pastry into a firm dough.
4. Roll out the pastry into a circle just large enough to line the flan ring.
5. Line flan, trimming off the excess pastry with rolling pin.
6. Fork base and bake blind.
7. Grate cheese.
8. Beat egg in a small bowl, add milk, cornflour, mustard powder and seasoning. Mix well.
9. Remove flan from oven and reduce heat setting.
 10. Place small pieces of broccoli into base of flan along with the grated cheese.
 11. Pour the egg mixture on top and place back in oven.
 12. Bake until set and golden brown.
 13. Serve either hot or cold.

Pumpkin Pie

Ingredients

Sweet Shortcrust Pastry

100g plain flour
50g margarine
25g sugar
50ml water (optional – only if pastry hasn't come together)

Filling

100g pumpkin (mashed)
5ml cinammon
1 egg
15g butter

Topping

15ml pumpkin seeds
5ml mixed spice

Method

1. preheat oven to 180/ gas mark 5.
2. put a large pot with water on to boil.
3. Rub in flour, margarine and sugar into breadcrumbs. Start to combine the mixture together to form a dough. Chill and leave to rest for 5 minutes.
4. Line your tin foil dish and bake blind for 15 minutes.
5. Prepare filling – roughly chop pumpkin into equal sized pieces and place in pot with boiling water. Cover and boil for 10 minutes.
 6. drain pumpkin and leave to cool. Mix cinnamon, milk and eggs in a jug.
Melt butter in the microwave and add to jug.
 7. mash pumpkin in pot. Add contents of the jug to the pot and mix well.
 8. Add mixture to pastry and smooth over with a palette knife. Place in oven to bake for 25 minutes or until filling is set.
 9. Place pumpkin seeds on a baking tray with oil and mixed spice. Mix well and roast for 10 minutes.
10. remove pie from the oven and place roasted pumpkin seeds on the top to show four equal portions.

Roasted Vegetable Soup

Ingredients

150g sweet potato
150g pepper
80g butternut squash
150g onion
1 garlic clove
20g butter
10ml paprika
5ml rosemary
15ml oil

Method

1. Set oven to 200 degrees/ gas mark 7.
2. Roughly chop all of the vegetables and crush the garlic. Ensure they are not too big as they will take too long to cook. Do this quickly.
3. Grease a baking tray. Place all vegetables in a large bowl.
4. Using a cup mix together the butter, rosemary and garlic.
5. Pour the butter mixture into the bowl of vegetables and mix well using a tablespoon or your hands.
6. Pour the vegetables onto the baking tray and spread about. Place in oven to cook for 15 minutes.
7. Boil 500ml of vegetable stock. Simmer and wait for vegetables to be added.
8. Take roasted vegetables out of the oven. Take pot off of the heat and place on a pot stand. Add roasted vegetables to pot.
9. Place back on the heat for 10 minutes. Season to taste.
10. Puree the soup and place in a bowl.



Poached Pears with Toffee Sauce

Ingredients

1 conference pear
35g soft brown sugar
60ml condensed milk
15g butter

Method

- Place the evaporated milk, butter and soft brown sugar into a small pan. Dissolve slowly over a gentle heat, bring to the boil.
- Simmer gently for 5 minutes to reduce sauce to a coating consistency. Remove from the heat and allow to cool.
- Half fill a medium sized pot with cold water. Bring to the boil.
- Peel your pear and place in the boiling water to poach for 5 minutes.
- **Remove pear from water and slice pear into equal sized pieces. Arrange neatly and coat pear in toffee sauce. Serve.**

