Spicy Stir Fry Vegetables & Chicken / Shrimp

**Ingredients:**
*For the marinade:*
1 tbsp soy sauce
1 tbsp rice wine
¼ tsp castor sugar
½ tsp sesame oil
¼ tsp chilli oil, or to taste
1 clove garlic, crushed
1 inch ginger, peeled and finely grated
100g chicken breast cut into 1cm strips, or raw shrimp, peeled and de-veined

*For the stir fry:*
Sunflower oil, for frying
A selection of the following vegetables, cut thinly to the same size to cook at the same time:
Peppers
Mushrooms
Zucchini
Sugar snaps
Asparagus
Carrots
Jalapeno, finely diced (optional)
1 tbsp soy sauce
1 tbsp rice wine or dry sherry

**Method:**
1. Mix the liquid marinade ingredients with half the garlic and ginger and thoroughly coat the sliced chicken or peeled shrimp. Cover and refrigerate for at least 30 minutes.
2. Cook your choice of noodles according to packet instructions until just al dente. Drain the noodles and rinse them under cold running water to stop them cooking further, then shake them dry and run a little oil through them to stop them sticking together.
3. Heat a little sunflower oil in a wok or non-stick frying pan and when it is hot add the chicken or shrimp and stir fry until cooked (2 – 3 minutes). Remove from the pan. Wipe the pan with kitchen paper, add a little more oil then add the remaining garlic, ginger and chilli (if using) and fry it for a minute until it starts to colour. Add the prepared vegetables and cook, moving frequently, for 2 - 3 minutes until tender. Return the cooked chicken or shrimp to the pan along with the cooked noodles and remaining soy sauce and rice wine. Cook until heated through then serve immediately.
#GetCooking 2 - Sauces

**Tomato and Basil Sauce**

Serves: 2

**Ingredients:**
- 2 tbsp olive oil
- ½ onion, peeled and very finely chopped
- 1 large clove garlic, very finely chopped
- 1 can good quality crushed tomatoes
- salt and pepper
- fresh basil, to serve

**Method:**

1. Heat the olive over a low / medium heat in a medium sized, heavy based saucepan. Add the onion and cook for 5 minutes, until it is softened but not browned. Add the garlic and cook for a further minute.
2. Add the canned crushed tomatoes and season well. Bring to the boil, reduce to a very low simmer and cook, stirring occasionally, for 30 - 45 mins until the sauce has reduced and thickened. At this point the sauce can be blended with an immersion blender or mashed with a potato masher for a smoother texture, if required.
3. Finely chop a few basil leaves and add to the sauce off the heat. Adjust the seasoning before serving.

**Basic French Vinaigrette**

Serves: 1

**Ingredients:**
- 2 tbsp. extra virgin olive oil
- 1 scant tbsp vinegar – red wine, white wine or balsamic can be used
- ½ tsp Dijon mustard
- Pinch of sugar
- Salt and pepper

**Method:**

1. Whisk together all the ingredients in the bottom of a salad bowl until they emulsify to form a smooth, thickened sauce.
Basic Bechamel Sauce

Serves: 2

Ingredients:
2 tbsp / 30g butter
3 tbsp / 30g plain flour
1 cup of whole milk
Salt and pepper

Method:

1. Melt the butter over a medium heat in a small, heavy based saucepan.
2. When the butter is melted, take the pan off the heat, add the flour and whisk thoroughly to combine.
3. Whisk in the milk a little at a time until the sauce is thin and smooth.
4. Return the pan to a medium heat and cook, whisking constantly, until the sauce thickens and begins to bubble.
5. Reduce the heat to low, season well and continue to cook, stirring occasionally, for a further 5 minutes.

Stove Top Mac and Cheese

Serves: 2

Ingredients:
2 scant cups / 200g elbow macaroni, or other small shaped pasta
1 portion of béchamel sauce – see above
¼ tsp powdered mustard
¼ tsp cayenne pepper
½ cup / 50g grated sharp cheddar

Method:

1. Bring a large pan of water to the boil. Add a teaspoon of salt and the pasta to the pan and cook according to the packet instructions.
2. Once the basic béchamel sauce is made, whisk in the powdered mustard and cayenne pepper and add the grated cheese, stirring until the sauce is smooth. Adjust the seasoning if necessary.
3. Strain the cooked pasta and return it to its cooking pan along with a little of the cooking water (about 2 tbsp). Add the cheese sauce and stir well. Adjust seasoning before serving.
# Get Cooking 3 – Dry Heat – Serves 1

**Herb Roasted Root Vegetables**

**Ingredients:**
1 portion mixed root vegetables, such as waxy potatoes, carrots, parsnips or butternut squash cut into large wedges
1 tbsp finely chopped mixed herbs, such as parsley, sage and thyme
1 tsp olive oil
salt and pepper

**Method:**
Preheat the oven to 200°C, 400°F
1. Mix all the vegetables together with the oil and herbs and season well.
2. Arrange them in a single layer in a roasting tin and roast them in the top of the oven for 45 mins, turning them after 30 mins, until they are browned at the edges and cooked through.

**Pan Seared Pork Tenderloin with Creamy Apple Gravy**

**Ingredients:**
175g piece of pork tenderloin (about half a tenderloin), sliced into 4 equal sized pieces
salt and pepper
½ tbsp butter
½ tbsp sunflower or other light flavored oil
2 tsp plain flour
1/4 cup apple juice
1/4 cup chicken stock
1 tbsp single cream
Pinch of finely chopped sage (optional)

**Method:**
1. Flatten the pieces of pork lightly between your palms and season them well.
2. Heat the butter and oil in a non-stick frying pan. Sear the pork pieces over a medium/high heat for 1 - 2 mins on each side until they are lightly browned on both sides. Remove the pork from the pan and set aside.
3. Turn the heat down to low and whisk the flour into the fat in the pan. Cook over a low heat, whisking occasionally, until the flour mixture turns a light brown color. Whisk in the apple juice and chicken stock, a little at a time, and bring to the boil. Reduce to a simmer and cook down the sauce until it thickens. Add the cream and sage (if using) and check the seasoning.
4. Return the meat to the pan (and any meat juices) and simmer for a further 2 – 3 mins until the pork is cooked through and the sauce thick and creamy.
GetCooking 4 – BAKING

Master Muffin Mix

Makes: 6

Ingredients:
185g plain flour
2 tsp baking powder
¼ tsp salt
¼ tsp cinnamon
50g sugar
50g soft light brown sugar
120ml / ½ cup buttermilk
60ml / ¼ cup sunflower or other light oil, such as canola
1 egg
1 tsp vanilla extract

Add ins:
½ cup of: chopped strawberries, fresh raspberries, frozen blueberries,
walnuts, pecans, chopped bananas, chocolate chips, butterscotch chips etc.

Method:

1. Preheat the oven to 200°C / 400°F. Line a muffin tin with 6 muffin papers.
2. In a large bowl whisk together the dry ingredients until well combined.
3. In a large measuring jug whisk together the wet ingredients until well combined.
4. Make a well in the centre of the dry ingredients and pour in the liquid. Stir until just combined – do not over stir the batter, or it will be tough.
5. Mix in whatever add-ins you would like, fill each muffin paper to the top and bake at the top of a pre – heated oven for 25 - 30 mins until well risen and golden brown. Leave to cool in the tin for 5 minutes before moving to a wire rack to cool completely.
EMPANADAS

Makes: 6

Ingredients:

For the pastry:
100g plain flour
25g vegetable shortening
25g butter
pinch of fine salt

For the filling:
¼ can black beans, drained
¼ cup canned crushed tomatoes
50g finely chopped cooked chicken
2 tbsp finely grated strong cheese (optional)
2 green onions, trimmed and finely chopped
1 tbsp finely chopped cilantro
¼ tsp smoked paprika
Salt and pepper
1 egg, beaten

Method:

1. To make the pastry rub the fats into the flour and salt until the mixture resembles fine breadcrumbs. Add enough cold water, tablespoon by tablespoon, until the mixture binds together to make a soft dough. Knead briefly on a floured surface and refrigerate, covered, until needed.
2. To make the filling put the black beans in a mixing bowl and mash them roughly with the back of a fork or a potato masher until they are partially broken down. Add the canned crushed tomatoes and mash briefly again to combine.
3. Add the chicken, cheese (if using), onions, cilantro and smoked paprika and season well with salt and pepper before mixing to combine.
4. Pre heat the oven to 200°C / 400°F. Roll out the pastry on a lightly floured surface to a thickness of ¼ inch and cut 6 x 4 inch circles out of the dough.
5. Brush the edges of the pastry with a little beaten egg then pile 1 tbsp of filling into the centre of the pastry. Pull the edges of the pastry up over the filling and crimp them together to seal the filling in tightly.
6. Brush the surface of the empanadas with a little of the beaten egg and bake in the pre heated oven for 25 minutes until golden brown.
Quick Flatbreads – 2 students – each make 1 quantity of below

Makes: 8 flatbreads

Ingredients:
- 12oz plain flour
- 2 tsp baking powder
- ½ tsp fine salt
- 2 tbsp olive oil
- Light oil for frying

Method:

1. Use a large balloon whisk to blend together the dry ingredients in a large bowl.
2. Whisk the oil into 1 cup of cold water. Make a well in the centre of the flour and pour in the water. Bring the mixture together to form a soft dough, then turn it out on a floured surface and knead it briefly to bring it together. Cover with a clean tea towel and leave to rest for 10 mins.
3. Divide the dough into 8 pieces. Roll each one into a ball and roll it out into a thin oval shape.
4. Preheat a little oil in a large cast iron skillet over a medium heat and fry the flatbreads for 2 mins per side, turning when the bread is puffed up and light golden brown in patches underneath. Serve immediately or keep warm in a low oven until needed.

Hummus – 2 students working together

Ingredients:
- 3 tins of chickpeas, drained and rinsed, with
- ½ - 1 cup of the chickpea water reserved
- 6 tbsp tahini
- 6 tbsp olive oil + extra to serve
- 6 tbsp lemon juice
- 4 large cloves garlic, crushed
- 1 tsp cumin
- 1 tsp salt
- Black pepper
- paprika, to serve

Method:

1. Put all of the ingredients, except the paprika, into a blender or food processor and process until completely smooth. Use ½ cup of the chickpea water to start with, adding more as needed.
2. Taste the hummus and adjust the seasoning or amount of garlic or lemon juice if you want.
3. Serve the hummus in a bowl with a swirl of olive oil and a sprinkling of paprika.
Muhammara – 2 students working together

**Ingredients:**
- 2 cups walnut pieces
- 2 x 12oz jar roasted red peppers, drained and patted dry
- 2/3 cup panko breadcrumbs
- 2 large clove garlic, crushed
- 1 tsp cumin
- ½ tsp cayenne
- 2 tsp lemon juice
- 2 tsp honey
- Salt and pepper

**Method:**

1. Toast the walnut pieces over a medium heat in a dry, non stick skillet, stirring frequently, until they are lightly toasted. Place on a plate to cool.
2. Place all the ingredients in a food processor and process to a rough paste. Season to taste.

Spicy Lamb and Feta Meatballs – 4 students each making 1 quantity below

**Serves:** 4

**Ingredients:**
- 1lb ground lamb
- 2 oz freshly made white breadcrumbs
- 1 egg, beaten
- 1 tsp cumin
- 1 tsp paprika
- handful of mint leaves, finely chopped
- 2oz crumbled feta cheese
- 2 tbsp sunflower oil

**Method:**

1. Mix together the lamb, breadcrumbs, egg, cumin, paprika and mint leaves and season well. Gently mix through the feta cheese. Chill the mixture for 30 mins.
2. With damp hands shape walnut sized balls with the lamb mixture.
3. Heat the oil in a large frying pan and fry the meatballs over a medium heat, for 5 – 7 mins until they are well browned all over and cooked through. They can be kept warm in a 300° oven until needed.

**NB** – please leave a portion of the meatballs without the feta.

Apricot, Pinenut and Cilantro Cous Cous – 2 students working together + salad

**Ingredients:**
- 1lb 4oz cous cous
- ¾ cup olive oil
Salt and pepper
4 cups chicken stock
4oz pine nuts
8oz dried apricots, finely chopped
Large bunch of cilantro, finely chopped
Juice of 2 large lemons

Method:
1. Put the cous cous into a large, shallow flat bottomed dish or roasting tray and drizzle over 3 tbsp of olive oil. Rub the oil into the cous cous with your hands, to ensure that all the grains have a covering of oil (this will help to stop the cous cous sticking together).
2. Bring the chicken stock to the boil, pour it over the cous cous, and stir it in briefly with a fork. The stock should just cover the level of the cous cous (if it does not add a little more boiling water). Immediately cover the bowl with a tight layer of cling film, sealing it well to ensure that no steam escapes. Leave the cous cous to steam for 5 mins, then remove the cling film and test the grains, which should be nearly soft, and all the water soaked in. Fork over the cous cous and leave it to cool, forking it again occasionally to make sure it does not stick together.
3. While the cous cous is cooling dry fry the pine nuts in a non-stick skillet over a medium heat, stirring them constantly, until they start to colour. Be careful, as they can burn quickly. Set them aside to cool.
4. To make the salad toss together the cooled cous cous, pine nuts, apricots and cilantro. Drizzle over the remaining olive oil and lemon juice and mix it all together. Test the seasoning and add salt and pepper to taste.

Mixed Leaf Salad with Feta, Red Onion & Mint

Ingredients:
For the dressing:
8 tbsp extra virgin olive oil
4 tbsp lemon juice
2 tsp maple syrup
pinch cinnamon
pinch cumin
Salt and pepper
Mixed leaf salad
1 block feta, well crumbled
1 small red onion, peeled and very finely sliced
large handful of mint, finely chopped

Method:
1. To make the dressing whisk together the dressing ingredients in the bottom of a serving bowl until emulsified. Season well with salt and pepper.
2. Add the salad leaves, red onion, most of the feta and most of the mint and toss to combine. Serve with the remaining mint and feta scattered on top.
Raspberry Millefeuilles – 4 students each making 1 quantity pastry below – work together for the filling

Makes: 4

Ingredients:
2 x sheet of ready made all butter puff pastry, approximately 8 x 10 inches, defrosted
1 egg, beaten
For the filling (for 16)
1lb mascarpone
1 cup double cream, whipped
¼ cup powdered sugar, plus extra for dusting
raspberries

Method:
Needs 2 of the same sized large heavy baking sheets for each student

1. Carefully unroll the pastry sheets onto a lightly floured work surface. Cut each pastry sheet into 6 pieces approximately 12cm long, and 6cm wide. Trim the edges so that they are neat, and transfer them to a large baking sheet. Brush them with a little egg wash.
2. Bake at the top of the preheated oven for 5 – 7 minutes, until they begin to colour and are puffed up. Place a similarly sized baking tray on top of the pastry, carefully pressing down, and return to the oven for a further 7 – 10 minutes until the pastry is flat, crisp and golden brown. Cool on a wire rack.
3. While the pastry is cooling beat the mascarpone until it is light and fluffy. Fold in the whipped cream and the powdered sugar. Take a spoonful of the filling and spread it out over a piece of pastry, toping it with a single layer of raspberries. Do the same with a second piece of pastry, then place the two on top of each other and press down gently. Finish with one of the best looking pieces of pastry, and repeat to make the rest of the mille feuilles. Dust with powdered sugar to serve.