



Fruit Salad Shark

Ingredients:

A selection of fresh fruit e.g:

- 1 watermelon
- 1 apple
- 1 banana
- 8 small strawberries
- 50g red grapes



You will need a named container to take your shark home in.

Method:

1. Cut the grapes in half and remove any seeds.
2. Peel the kiwifruit and slice.
3. Peel the banana and slice.
4. Quarter the apples and pear, remove the core and slice.
5. Cut the strawberries in half.
6. Place all the fruit in a bowl.
7. Cut the oranges/lemons in half and juice, pour the juice over the prepared fruit



Tomato Pasta Bake

Ingredients:

- 1 onion
- 1 clove garlic
- 1x 15ml spoon oil
- 2 x 400g canned chopped tomatoes
- Handful of fresh basil
- 50g of cheddar cheese
- Pasta - your own choice Fusilli or Penne work well.



Optional

- 1 courgette
- 4-5 mushrooms
- 1 pepper
- An oven proof dish and a named container to take your dish home in

Method:

1. Peel and chop the onion and peel and crush the garlic.
2. Fry the onion and garlic in the oil for 5 minutes, until soft.
3. Add the tomatoes and tear in the basil leaves.
4. Add a few twists of black pepper, then allow to simmer gently for 30 minutes (longer if possible).
5. Boil half a saucepan of water, add a pinch of salt and your 150 g of pasta, cook for 10 min or until al dente.
6. Drain pasta and add to your sauce mix well, place in a oven proof dish and grill or bake in the oven until the cheese is golden colour.



Perfect Pizza

Ingredients:

- 250g Strong White Flour
- 1 teaspoon sugar
- 1 pinch of salt
- 1 packet easy blend yeast
- 100ml warm water
- 50ml oil.
- Tomato base will be provided



Topping:

- 100g cheese and
- 1 red pepper
- A topping of your choice

You will need a named container to take your pizza home in.

Method:

1. Pre-heat the oven to 220C.
2. Mix the yeast in with the warm water and oil.
3. Sieve the flour into a large bowl and stir in the salt.
4. Make a well in the middle and pour in the yeast mixture and use a round blade knife to combine the mixture.
5. Once you have made a dough, tip on to the work surface & knead for about 5 minutes.
6. Roll the dough out into the required shape and place on to the baking tray.
7. Add your toppings to the pizza.
8. Bake for 10-15 minutes.



Macaroni Cheese

Ingredients

- 100g macaroni
- 100g Cheddar cheese
- 1 tomato
- 25g soft margarine
- 25g plain flour
- 250ml semi-skimmed milk
- Black pepper



You will need an ovenproof dish and a named container to take home in.

Method:

1. Bring a saucepan of water to the boil, and then add the macaroni. Cook for about 10-12 minutes, until *al dente*.
2. Grate the cheese and slice the tomato.
3. While the pasta is cooking, make the sauce.
 - Place the butter or margarine, flour and milk into a small saucepan.
 - Bring the sauce to a simmer, whisking it all the time until it has thickened.
 - Reduce the heat and allow to simmer for 2 minutes.
 - Stir in 75g of the grated cheese.
4. Preheat the grill.
5. Drain the boiling hot water away from the macaroni into a colander in the sink.
6. Stir the drained macaroni into the cheese sauce and add a few twists of black pepper.
7. Pour the macaroni into an oven-proof dish or foil tray.
8. Arrange the tomato slices over the macaroni.
9. Sprinkle over the remaining cheese.
10. Place under a hot grill until the cheese is bubbling and golden brown.



Chilli

Ingredients:

- 1 onion
- 2 garlic cloves, finely chopped
- 1 red chilli, finely chopped (optional)
- 1 tsp chilli powder
- 1 tsp Cumin
- 1 Tsp Paprika
- 250g Minced Beef (veggie mince)
- 400g tin chopped tomatoes
- 400g Kidney beans
- 3 tbsp tomato purée
- 300ml vegetable stock
- 1 green pepper, seeds removed and cubed
- A named container to take your chilli home in



Method:

1. Heat the oil in a large frying pan over a medium heat. Add the onion and garlic and cook for 4-5 minutes, or until soft.
2. Add the red chilli, cumin, paprika and chilli powder and cook for 1 minute. Add the mince, or veggie mince and cook for 2-3 minutes. (make sure that your mince has been browned and is cooked through)
3. Add the chopped tomatoes, tomato purée, vegetable stock, peppers and carrot and bring to the boil.
4. Reduce the heat to medium-low and simmer for 10-20 minutes, stirring occasionally.
5. Add the kidney beans and cook for 5 minutes.
6. Mix the cornflour with 1 tablespoon water, then add it to the pan and cook for a further 5 minutes. Stir in the coriander.
7. Serve the chilli with the pitta halves, sour cream and grated cheese.



Swiss Roll

Ingredients:

- 75g self raising flour
- 3 eggs
- 75g caster sugar

Filling

- 6 tbsp jam
- You will need a named container to take your swiss roll home in.



Mr. Burr's top tips:

- Accurate measuring and timings are key.
- Roll your swiss roll out as quickly as possible and hold in shape as it cools.

Method:

1. Preheat oven to 190°C.
2. Line a tin with baking paper.
3. Whisk the eggs and sugar in a large bowl until light and fluffy.
4. Sift in the flour about 1/3 at a time and FOLD in using a metal spoon.
5. Pour into the tin and bake 10 - 13 minutes until slightly springy.
6. Place a larger sheet of baking paper onto your work surface and sprinkle with sugar.
7. Turn out the swiss roll onto the paper, remove the baking paper gently from the swiss roll.
8. Score a line 2cm in from the edge, place another piece of baking paper on top and roll up. Leave until cold.
9. Unroll and add your filling, leave a 1cm gap around the edges. Re roll and serve.



Victoria Sandwich

Ingredients:

For the cake:

200g caster sugar

- 200g butter or margarine
- 200g self raising flour
- 4 eggs
- 1 tsp baking powder

For the filling:

- 4-5 tablespoons strawberry jam



You will need a named container to take your cake home in

Method:

1. Heat oven to 190C and grease two 20cm sandwich tins and line with non-stick baking paper.
2. In a large bowl, beat all the cake ingredients together until you have a smooth, soft batter.
3. Divide the mixture between the tins, smooth the surface with a spatula or the back of a spoon.
4. Bake for about 20 mins until golden and the cake springs back when pressed. Turn onto a cooling rack and leave to cool completely.
5. Spread the jam onto one half of the cake and put the second sponge on top.