



Savoury Rice

Ingredients:

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



Please bring a dish and named container to take your rice home in.

Method:

1. Prepare the vegetables:
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 cube with the water.
6. Add the stock, peas and curry powder.
7. Simmer for 15 minutes, until the rice is tender.
8. To serve place the rice in a bowl and sprinkle the chopped tomato on top.



Beetroot Chocolate Muffins

Ingredients:

- 75g cocoa powder
- 180g plain flour
- 2 tsp baking powder
- 250g caster sugar
- 250g cooked beetroot (not in Vinegar)
- 3 large eggs
- 200ml vegetable oil
- 12 Muffin cases



Please bring a dish and named container to take your rice home in.

Method:

1. Preheat the oven to 180C
2. Arrange paper muffin cases in a 12-mould muffin tin.
3. Sift the cocoa powder, flour and baking powder into a bowl.
4. Mix in the sugar, and set aside.
5. Purée the beetroot, add the eggs, one at a time, then add the vanilla and oil and blend until smooth with a stick blender
6. Make a well in the centre of the dry ingredients, add the beetroot mixture and lightly mix.
7. Pour into the muffin cases.
8. Bake for 30 minutes or until the top is firm when pressed with a finger.



Bread Rolls

Ingredients:

- 250g Strong White Flour
- 1 teaspoon salt
- 1 packet easy blend yeast
- 150ml warm water
- 25g butter



Please bring a named container to take your bread rolls home in.

Method:

1. Pre-heat the oven to 200C
2. Mix the yeast in with the warm water.
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 10 minutes.
6. Roll the dough out into the required shape and place on to the baking tray.
7. Prove for 20—30 min until doubled in size.
8. Bake for 15-20 minutes



Big Fat Chewy Cookies

Ingredients

- 250g plain flour
- 1/2 teaspoon bicarbonate of soda
- 1/2 teaspoon salt
- 170g unsalted butter, melted
- 200g dark brown soft sugar
- 100g caster sugar
- 1 tablespoon vanilla extract
- 1 egg
- 200g chocolate chips



Please bring a named container to take your cookies home in

Method:

1. Preheat the oven to 170 C
2. Grease baking trays or line with parchment.
3. In a saucepan melt the butter & sugars, don't let it burn, leave to cool.
4. Sift together the flour, bicarb and salt then add the melted butter, brown sugar and caster sugar until well blended.
5. Beat in the vanilla and egg until light and creamy.
6. Roll the dough in to balls about 2cm high. Do not flatten the dough. Cookies should be about 8cm apart.
7. Bake for 10 minutes, or until the edges are lightly toasted.
8. Cool on baking trays for a few minutes before transferring to wire racks to cool completely.



Thai Green Curry

Ingredients:

- Thai green curry paste
- 2 skinless chicken breasts (cut into chunks)
- 1 green pepper sliced
- 1 red pepper sliced
- 1 carrot cut in to batons
- 1 onion (finely chopped)
- 1 can of coconut milk



Please bring a named container to take your curry home in

Method:

1. Prepare the vegetables
2. Place oil in a pan and heat it, when the oil is hot place your chicken in the pan
3. After 3 minutes of frying the chicken add the thai green curry paste to the chicken and make sure the chicken is well coated in the paste
4. After this add the coconut milk and vegetables to the pan and turn the heat down low to simmer
5. Simmer for about 10 minutes.
6. Pour in to a leak proof container, allow to cool before putting the lid on. Then transfer to the fridge.
7. Serve with boiled rice.



Focaccia

Ingredients:

- 1 teaspoon runny honey
- 1 x 7g sachet dried yeast
- 225ml tepid water
- 350g strong white bread flour, plus extra for dusting
- Sea salt and freshly ground black pepper
- 50 ml olive oil
- 1 clove of garlic and/or 6-8 black olives
- A few sprigs of fresh rosemary and other decorating ingredients.



Please bring a named container to take your focaccia home in

Method:

To make your dough:

1. Add the honey and yeast to the tepid water and leave for a couple of minutes until it starts bubbling.
3. Pile the flour and 1 teaspoon sea salt into a large bowl and make a well in the centre. Pour half of your yeast mixture into the well, and use a fork to gradually bring the flour in from the outside.
4. Once you get a stodgy, porridgey consistency, add the rest of the mixture and gradually incorporate all the flour to make a smooth dough.

To make your bread:

1. Preheat your oven to 220°C/gas 7.
2. Dust a clean work surface and your hands with flour, then knead the dough, pushing and pulling it with your hands, for about 5 minutes until it's silky and elastic.
3. Make the dough into a flat round shape, lightly dust the top, and leave to rest while you prepare the toppings.
4. Grease a baking tray (approximately 25cm by 35cm) well with olive oil and dust lightly with flour.
5. Peel the garlic clove and slice thinly or crush. Pick the rosemary leaves. Drain the olives.
6. Roll and shape the dough into a round or oval shape and place it onto the baking tray.
7. Spread your topping over the bread, pushing your fingers right down to the bottom of the dough to make little dimples. Cover with a clean cloth.
8. Place the tray somewhere warm and leave for 10 minutes until doubled in size.
9. Poke the bread all over with your fingers again to give it that great texture.
10. Bake in the hot oven for 15 minutes, or until golden and springy.
11. Remove from the oven, drizzle well with extra virgin olive oil and sprinkle with sea salt.



Jamaican Patties

Ingredients:

For the pastry:

- 300g plain flour
- 1 tsp curry powder
- 1 tsp turmeric
- 165g butter
- Milk or egg, to glaze

For the filling:

- 1-2 tbsp oil
- 3-4 garlic cloves crushed
- 250g beef, lamb or Vegie mince
- 1 onion chopped
- 2 tsp curry powder
- 1 tsp dried thyme
- 100ml beef, lamb or vegie stock
- 1 tsp dark brown sugar
- 1-2 tsp hot sauce (optional)
- 1 slice bread (into bread crumbs)



Please bring a named container to take your patties home in

Method:

1. Pre-heat the oven to 220°C. Line a baking tray with baking parchment.
2. Weigh the flour into a bowl, add the curry seasoning and turmeric and mix together.
3. Using a table knife, cut the butter into small cubes and add these to the bowl.
4. Rub in the butter and flour mixture with your finger tips until it resembles fine breadcrumbs.
5. Add 4-6 tbsp of ice cold water and stir with the table knife, then use your hands to press the dough into a rectangle, wrap in clingfilm and leave these to rest in the fridge.
6. Gently heat the oil in a small saucepan (over a medium heat) then add the minced beef and onion mix and cook for 3 minutes, stirring occasionally with a wooden spoon.
7. Turn the heat to low and add the garlic, curry seasoning and thyme then cook for another 3 minutes.
8. Add the stock, sugar and hot sauce (if using) to the saucepan and stir then simmer gently for 2 minutes.
9. Add the breadcrumbs to the saucepan, stir well, remove from the heat and leave to cool (on the hob).
10. Using a flour-dusted rolling pin, roll out dough into a 13cm circle (use the template and a table knife to trim the edges to a neat circle) then slide onto a baking tray.
11. Place half the filling on each pastry circle (making a semi-circle of filling on one side with a 1cm border at the edge to allow for sealing the pastry).
12. Use a pastry brush to spread milk or egg around the edges then fold the plain half of the pastry over the filled half.
13. Use your fingers first and then a fork to press down all around the edges.
14. Brush all over with milk or egg wash.
15. Bake for 15-20 minutes or until the pastry is golden and cooked through the core temperature should reach 76 degrees or above.