

Year 8

Wheaten Bread

Ingredients

140g plain flour
350g wholemeal flour
1 1/4 teaspoons salt
1 1/4 teaspoons bicarbonate of soda
2 teaspoons caster sugar (optional)
60g butter
450ml buttermilk
4 tablespoons vegetable oil



Method

1. Preheat oven to 200 degrees C (gas mark 6).
2. Lightly flour a baking tray or 23x12cm loaf tin.
3. Sift together the bread flour, wholemeal flour, salt, bicarb of soda, and 2 teaspoons sugar in a bowl.
4. Rub the butter into the flour mixture.
5. Make a well in the centre of the mixture and pour in the oil and buttermilk.
6. Stir with a knife until dry mixture is completely moistened and form into a ball of dough.
7. Move the dough to a lightly-floured surface. Lightly knead the dough for no more than 1 minute.
8. Shape and place the dough on a baking tray (or into the prepared tin).
9. Cut a cross into the top of the loaf with your finger. Brush the top with milk or buttermilk.
10. Bake in the preheated oven for 30 minutes.
11. Reduce heat to 180 degrees C (gas 4); rotate tin and bake another 30 minutes.
12. Allow loaf to cool on a wire rack before slicing.

Year 9

Banoffee Pie

Ingredients

100g Butter
225g digestive biscuits (approx. 14 biscuits)
1 x banana
397g carnation toffee



Method

1. Crush biscuits in a plastic bag using a rolling pin
2. Melt butter on a low heat and once melted removed from the hob. Add in crushed biscuits and mix well.
3. Grease 20cm cake tin
4. Add biscuits mixture to the tin, using a tablespoon to spread evenly and flatten.
5. Chop banana and add to the top of the biscuit base.
6. Add toffee to the tin, covering the bananas and the base evenly.
7. Decorate with finely grated chocolate if you wish
8. Chill in the fridge for at least 2 hours

Recommendation – use a loose bottomed cake tin which is well greased.

Year 10

Vegetable Curry

Ingredients

1 x Pepper
1 x Onion
Handful mushrooms
1 x teaspoon of chilli powder
1 x teaspoon of turmeric
1 x teaspoon of chilli powder
1 x cumin
2 x garlic cloves
3 tablespoons of curry powder (add to suit your taste)
1 tin of chopped tomatoes
1 tin of light coconut milk
2 tablespoons of tomato purée



Method

1. Chop and slice all vegetables
2. Heat oil on a frying pan until hot
3. Add vegetables to the pan and fry for 3 / 4 minutes
4. Add spices, mix well and cook for a further 2 / 3 minutes
5. Once cooked add coconut milk, tomato purée and chopped tomatoes
6. Simmer for 30 minutes
7. Serve with rice

Recommendation:

- You can use any vegetables you have in your home.
- You could also add chicken.
- Try using lentils or chickpeas