

**Simple recipes for all the
family to enjoy & make
together**

Kitchen Safety Rules

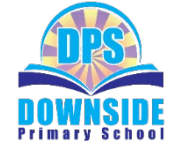
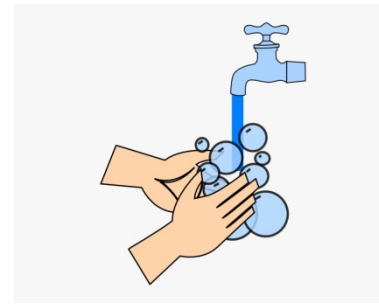
Always wash your hands before and after handling food.
Tie back long hair.
Wear an apron and roll up your sleeves.

Keep food preparation surfaces clean.
Wash fruit and vegetables with cold water before use.
Always check with an adult before using a knife or going near hot things.

Handle knives and other sharp equipment with care.
When using a knife, always cut away from your body or downwards on a chopping board to avoid cutting yourself.
Turn handles of saucepans away from the front of the stove when cooking.
Use oven cloths/mitts when taking items in and out of the oven or microwave.
Do not run around the room where food is being prepared.

Wipe up spilled foods immediately.
Store food appropriately in sealed containers.
Always keep raw meat away from cooked or ready to eat food at the bottom of the fridge.

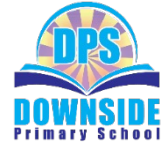
Wash all equipment and utensils in hot, soapy water when finished.



Never leave children un-attended when using sharp or hot equipment



Helpful Tips



Always weigh out all of your ingredients first

Always pre-heat your oven for best results and even cooking

Weight Conversions – Grams to Ounces

Grams	Ounces	Grams	Ounces	Grams	Ounces
1g	0.03 oz	70g	2.5 oz	350g	12.3 oz
2g	0.07 oz	80g	2.8 oz	375g	13.2 oz
3g	0.10 oz	90g	3.2 oz	400g	14.1 oz
4g	0.14 oz	100g	3.5 oz	425g	15.0 oz
5g	0.17 oz	110g	3.9 oz	450g	15.9 oz
6g	0.21 oz	120g	4.2 oz	475g	16.8 oz
7g	0.24 oz	130g	4.6 oz	500g	17.6 oz
8g	0.28 oz	140g	4.9 oz	550g	19.4 oz
9g	0.31 oz	150g	5.3 oz	600g	21.2 oz
10g	0.35 oz	160g	5.6 oz	650g	22.9 oz
15g	0.5 oz	170g	6.0 oz	700g	24.7 oz
20g	0.7 oz	180g	6.3 oz	750g	26.5 oz
25g	0.9 oz	190g	6.7 oz	800g	28.2 oz
30g	1.1 oz	200g	7.1 oz	850g	30.0 oz
35g	1.2 oz	225g	7.9 oz	900g	31.7 oz
40g	1.4 oz	250g	8.8 oz	950g	33.5 oz
45g	1.6 oz	275g	9.7 oz	1000g	35.3oz
50g	1.8 oz	300g	10.6 oz	*All measures are approximate and rounded up*	
60g	2.1 oz	325g	11.5 oz		

Weight Conversions – Ounces to Grams

Ounces / Pounds	Grams	Ounces / Pounds	Grams
1oz	28g	16oz = 1lb	454g
2oz	57g	1.5lb	680g
3oz	85g	2lb	907g
4oz = 0.25 lb	113g	2.5lb	1134g
5oz	142g	3lb	1361g
6oz	170g	3.5lb	1588g
7oz	198g	4lb	1814g
8oz = 0.5lb	227g	4.5lb	2041g
9oz	255g	5lb	2268g
10oz	283g		
11oz	312g		
12oz - 0.75lb	340g		
13oz	369g		
14oz	397g		
15oz	425g		

All measures are approximate and rounded up

Oven Baking Temperatures		
Fahrenheit (°F)	Celsius (°C)	Gas Mark
225 °F	110 °C	1/4
250 °F	130 °C	1/2
275 °F	140 °C	1
300 °F	150 °C	2
325 °F	165 °C	3
350 °F	177 °C	4
375 °F	190 °C	5
400 °F	200 °C	6
425 °F	220 °C	7
450 °F	230 °C	8

Note from Chef Paul

By having a good couple of basic sauces in your repertoire is really handy and can take the stress out of preparing big meals on a daily basis.

Our super sauce recipe is so versatile and can freeze for up to a month.

Not only does the super sauce make a great base for dishes such as bolognaise or tomato pasta but it can also be a soup, pizza sauce or a great curry!

Once you have got the basics you can add as many different herbs and spices as you wish, in turn changing one sauce into many meals.



Super Sauce

Ingredients: Makes about a litre of sauce.

2 x 500g cartons Tomato passata
1 Large spoon tomato puree
1 Large Onion
3 Carrots
10 Mushrooms
1 Pepper
2 Courgette
1 clove Garlic (optional)
Salt & Pepper
2 table spoons Olive oil



You can add in any herbs and spices of your choice. This is great with fresh basil or dried mixed herbs. You can even add some chilli powder if you like it spicy.

Because this sauce is blended you can hide all the good vegetables they don't eat in this sauce 😊

Recipe:

1. Cut all vegetables into small pieces and crush the garlic.
2. Heat the oil in a large saucepan on a high setting.
3. Add in the vegetables and garlic (if using) (any spices) and cook for 5 mins or until they start colouring.
4. Add in the tomato puree and mix, cook for 2 mins.
5. Add in the cartons of Passata and mix well, simmer on a low heat until all the vegetables are soft.
6. Allow the mix to cool slightly before blitzing with a hand blender until sauce is smooth.
7. Using immediately or portion down and freeze.

Basic White Sauce

Ingredients: Makes about 300ml or 4 portions

250 ml Milk
25g Plain flour
25g Butter
Salt & Pepper (optional)

Add in your favourite grated cheese for a delicious cheese sauce. Use as much or as little as you like 😊



Recipe:

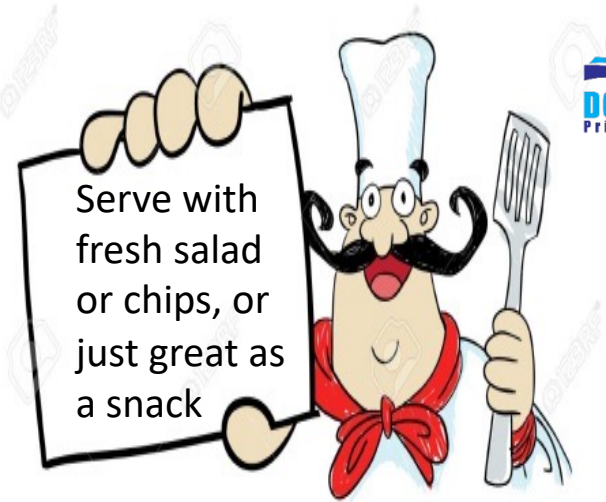
1. Heat the milk in a microwave or in a saucepan until just about boiling and place into a jug; set aside near the cooker.
2. In a saucepan melt the butter on a low heat.
3. Turn up the heat to high, add in the flour and mix together, (should look like sand); cook for 2 minutes continuously stirring.
4. Using a whisk, slowly pour some of the milk into the flour mix and whisk well so there are no lumps (it will become very thick).
5. Pour in the rest of the milk a little at a time, make sure you whisk well in-between each pour to make sure you have no lumps.
6. Simmer on a low heat and add in salt and pepper to taste if you are using.
7. This is where you can add your cheese if you are making cheese sauce.

Pitta Bread Pizza

Ingredients: : Makes 4-6 portions

1 pack of pitta bread
Grated cheese
Tomato base
Any toppings you like !
(just make sure they are cut into small pieces)

You can use the following: tomato puree, passata or chopped tomatoes. Or see super sauce recipe 😊



Recipe:

1. Preheat oven to 200°C.
2. Cook any hard vegetables, like peppers/onions etc., in a pan with a little oil until just soft then set aside.
3. Place the pitta breads on a baking tray evenly apart.
4. Place a heaped spoon of your choice of tomato base and spread evenly over the pitta bread.
5. Sprinkle a little of the cheese to create a thin layer.
6. Evenly sprinkle your toppings over the pitta bread.
7. Top with more cheese.
8. Bake for 6-5 mins until cheese has melted and golden.

3 Ingredient Brownies

Ingredients: Makes 10-12 portions depending on how big you cut your squares

375g Nutella
85g Plain Flour
2 Eggs

* You can add a tsp of vanilla or any other flavour if you wanted too such as orange*

Stand in a jug of hot water to warm so you can pour it out of the jar with ease



Recipe:

1. Preheat oven to 150°C. Grease a 9 inch x 9 inch metal baking pan.
2. Add all ingredients into a large bowl and mix until batter is smooth.
3. Pour into baking pan and smooth top with spatula.
4. Bake for about 15 minutes until toothpick inserted comes out clean.
5. Leave brownies to cool completely before cutting into squares.

* Be careful not to bake too long otherwise brownies will dry out. Let brownies cool and set before cutting and serving.

Top Tip for the perfect BBQ Chicken

Don't you just hate it when you go to take the chicken of the BBQ and its stuck, burns and rips apart? Well this simple trick will ensure you never have that problem again 😊

Simply brush you chicken with plain mayonnaise before placing it on the BBQ, Yes it's a simple as that! The oil in the mayonnaise stops it form sticking! You can even jazz up your chicken with my easy flavour coat recipes.



Easy Flavour Coats for your chicken

Lemon & Pepper mayo

½ lemon – Juice and rind
Good pinch of cracked black pepper
Pinch of salt
6 table spoons mayo
Mix all together in a bowl
Brush on chicken

Garlic & Herb mayo

1 Lrg Oclove of garlic crushed
Good pinch of dried mixed herbs
Pinch of salt
6 table spoons mayo
Mix all together in a bowl
Brush on chicken

Chilli & Lime mayo

1 lime – Juice and rind
Good pinch of chilli powder (more if you lime it hot!)
Pinch of salt
6 table spoons mayo
Mix all together in a bowl
Brush on chicken

Summer Raisin Cookies

Ingredients: Makes about 20

125g Soft butter/ margarine
75g Caster sugar
1 lemon (zest only)
1 egg separated (yolk only)
200g Plain flour
2 Tbls Milk
1tsp Vanilla essence

½ Tbls caster sugar for decorating

Recipe:

1. Preheat the oven on 180°C (gas mark 4).
2. Prepare a baking trays by lining the bottom with greaseproof paper
3. Weigh out of the ingredients to begin with.
4. In a bowl beat together the butter, sugar and lemon zest until pale and fluffy.
5. Add in the egg yolk and beat together.
6. Using a table spoon fold in the flour and raisins
7. Mix the milk and vanilla together and then slowly add to the cookie mix until the dough comes together in a ball.
8. Place the dough ball onto a floured surface and roll out flat to 5mm or ¼ inch.
9. Using any cutter you like , cut out your cookies and place on the baking trays.
10. Bake for 10-12 mins or until just turning golden.
11. When finished remove from the oven and sprinkle with caster sugar and leave to cool.

Always sift your flour, this makes it lighter and easier to mix into cakes and biscuits.

To fold in just means mix very gently



Italian Bruschetta

Ingredients:

- 6 Salad tomatoes
- 1 Red onion (small/med size)
- 2 Cloves fresh garlic (minced)
- Fresh basil leaves
- 2 Tbls Extra virgin olive oil
- Salt and cracked black pepper



Recipe:

1. Cut all the tomatoes into quarters and remove the seeds and soft pulp.
2. Dice all of the tomato quarters in to small squares and place into a bowl.
3. Dice the red onion to the same size as the tomatoes and add to the bowl.
4. Mince or fine grate the garlic into the tomato mix
5. Using a 8-10 basil leaves finely shred into ribbons and add to the tomato mix.
6. Add in the olive oil and mix all of the ingredients together.
7. Add salt and pepper to taste.

Serving suggestions:

Serve on thin crisp breads, use as a burger topping, add to salads, top a salmon filet, or add to a chicken wrap. The options are endless !

Fruit Scones

Ingredients for the Fruit Scones:

Makes about 15 depending on cutter size

350g Self raising flour (plus extra for rolling out)

100g Sultanas

1 tsp Baking powder

¼ tsp salt

85g Butter

3 Tbsp Caster sugar

1 Egg (beaten)

175 mls Milk

1 Tbsp Lemon juice

Why not change the sultanas for cranberry's and the lemon juice for orange as a summer alternative ☺

Recipe:

1. Preheat the oven on 220°C (gas mark 7).
2. Prepare some baking trays with baking paper so the scones do not stick.
3. Tip the flour, salt and Baking powder into a large bowl and mix.
4. Add the butter and rub in with your fingers until it looks like fine bread crumbs.
5. Stir in the caster sugar.
6. Put the milk into a jug and warm for about 30 secs in a microwave, add the lemon juice to the milk.
7. Make a well in the dry mix, add the milk and sultanas and combine it quickly, it will seem wet at first!
8. Scatter some flour on your work surface and hands, tip the mix out and fold the dough into itself 3 times until its smooth.
9. Roll out dough so its about 4-5cm deep, then using a plain 5cm cutter dipped in flour cut out your scones, repeat until you have used all of your dough.
10. Place your scones onto a lined baking tray, brush with beaten egg.
11. Bake for 10 mins until risen and golden on top.



Scones like to be cosy and together when cooking, so only place them two fingers apart on the baking tray ☺