

Recipes





Foreword

City Catering believes that learning to cook is an essential and enjoyable life skill which offers important benefits for all ages.

City Catering's Junior Chef of the Year competition is giving pupils the opportunity to experience cooking in a specially designed fully equipped kitchen whilst competing against pupils from other schools.

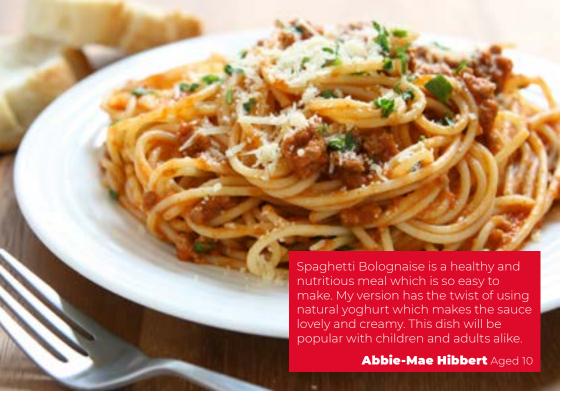
Pupils were asked to produce a savoury dish for four people that can be prepared and cooked within an hour.

The following recipes are the pupils' entries for the 2018 competition.

Why not give them a try ...

... get cooking!





Abbie's Spaghetti Bolognaise

500g Minced Beef 100g Mushrooms 150g Onion 20g Garlic Cloves 1 tsp Dried Oregano 1 tsp Dried Basil 500g Passata 150g Natural Yoghurt 300g Spaghetti 1 tsp Olive Oil 5g Fresh Basil

- Chop the onion, garlic and mushrooms.
- 2. Heat the oil and fry the minced beef in a pan for 5 minutes until it is browned evenly.
- 3. Drain off any excess fat.
- 4. Place the onions into the pan and cook for a further 3-5 minutes.

- 5. Add the garlic and onions and cook for a further 2 minutes.
- 6. Pour the passata into the pan, add the dried herbs, salt and pepper bring to the boil then simmer for 10-15 minutes.
- 7. During this time bring some salted water to the boil in a large saucepan.
- 8. Cook the spaghetti as per the packet instructions, approximately 8-10 minutes.
- 9. Stir the natural yoghurt into the bolognaise mixture.
- 10. Drain the spaghetti well and divide between 4 serving bowls.

To Serve: Spoon the bolognaise sauce on top of the spaghetti and garnish with fresh basil leaves.

BBQ Pork Chops

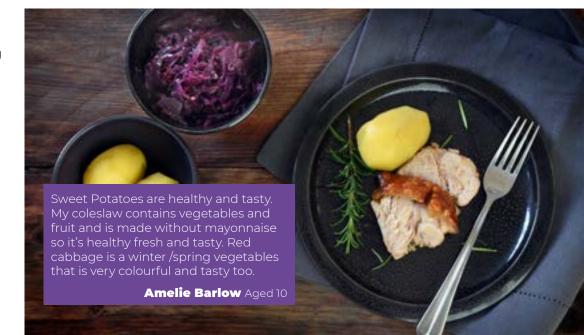
with Sweet Potato & Red Cabbage Coleslaw

4 x 100g Pork Loin Steaks 100g BBQ Sauce 260g Sweet Potatoes 1 tbsp Olive oil 1 tsp Paprika 1 tsp Oregano 5q Garlic Powder Pinch of Salt Pinch of Black Pepper 70g Red Onion 150g Red Cabbage 100q Carrots 120g Green Apple 3 tsp Whole grain Mustard 1 tsp Honey 2 tbsp Extra Virgin Olive Oil 3-4 tsp White wine Vinegar

- 1. Pre Heat the oven to 200°C
- 2. Place the pork steaks into a bowl with the BBQ sauce to marinade.
- Peel and cut the sweet potatoes into wedges, place into a bowl, add the paprika, oregano, garlic powder and

- salt and pepper, mix well to coat.
- 4. Place wedges onto a baking sheet.
- Remove the pork steaks from BBQ sauce marinade and place onto a baking sheet.
- Place both the wedges and pork steaks into the pre heated oven for approximately 20-30 minutes, turn the wedges and pork during the cooking time.
- 7. Finely slice the onion, shred the red cabbage and grate the carrot and apple
- 8. Mix together the extra virgin olive oil, mustard, honey, salt and pepper and the white wine vinegar. Add the dressing with the slaw ingredients and mix thoroughly.

To Serve: To assemble the dish remove the pork steaks and wedges from the oven, place onto the serving plates with a spoon of the red cabbage slaw and serve.



Giros Salad

170g Chicken Breast
100g Onion
100g Gherkins
100ml Tomato Ketchup
100ml Mayonnaise
100g Peas
4 x Tortilla Wraps
100g Lettuce
Pinch of Salt
10ml Oil
1 tsp Gyros Spice Mix

- Dice the raw chicken then place into a bowl, add the gyros spices and a pinch of salt
- 2. Chop the onions and gherkins.
- 3. Reserve half the ketchup to one side then mix the rest of the tomato ketchup with the mayonnaise.
- 4. Chop the lettuce
- 5. Cook the peas in boiling water for 1-2 minutes, drain well and cool
- 6. Add a little oil to a frying pan and lightly fry the chicken and onion.
- 7. Once chicken and onions are cooked remove from the pan and place into the bottom of a salad bowl.
- Place ketchup into a piping bag or squeezy sauce bottle and zig-zag some of the sauce on top of the chicken and onions
- 9. Top the sauce with the chopped gherkins
- 10. Zig-zag the remaining sauce on top of the gherkins.
- 11. Sprinkle the peas on top
- 12. Top with the chopped lettuce a pinch of salt then zig-zag any remaining sauce on top.

To Serve: Serve in the bowl accompanied by the tortilla wraps



Sausage Jambalaya

200g Long Grain Rice
1 tbsp Olive Oil
8 x Sausages
1 tbsp Cajun Seasoning
1 x Onion
400g Tomatoes
250g Frozen Mixed Vegetables

- Put the rice in a sieve and rinse thoroughly under cold water for about 1 minute.
- 2. Chop the sausages in 24 pieces
- 3. Heat the oil in a large pan and brown the sausages for a few minutes. Stir in the Cajun seasoning and onion, and cook for 2 minutes.
- 4. Add the rice to the pan and cook for another 30 seconds, then pour in the chopped tomatoes and 400ml (15 1/2fl oz) water.
- 5. Bring to the boil, lower the heat, cover with a lid and simmer for 10 minutes.
- 6. Stir in the frozen veg and cook for another 10 minutes. Season.

To Serve: Serve piping hot.



Tortilla Lasagne

6 x Tortilla Wraps
350g Frozen Spinach
350g Passata
750g Fresh Tomatoes
250g Mature Cheddar
Pinch of Salt
Pinch of Pepper
100g Mixed Salad Leaves

- Pre heat the oven to 190°C
- 2. Grate the cheese and slice the tomatoes.
- Place the spinach into boiling water and cook for 3-minutes.
- 4. Drain really well to remove excess water. A clean tea cloth could be used to ensure all liquid is removed.

- 5. Lightly oil a baking tray, place one of the tortilla wraps on the tray
- 6. Spread 3 tablespoons of passata sauce on top of the wrap, season then sprinkle with some grated cheese.
- 7. Place a small amount of the spinach onto the wrap and some of the sliced tomatoes. Place another wrap on top.
- 8. Repeat the process until all the ingredients have been used saving just a little cheese to sprinkle on top
- 9. Place into the preheated oven for 15-20 minutes or until the cheese has melted and the filling is nice and hot.

To Serve: Remove from the oven allow to rest for a couple of minutes, cut into 4 and serve with mixed salad leaves.

Pizza Pockets

1 tbsp Vegetable Oil 10g Garlic Clove ½ tsp Dried Oregano 400g Plum Tomatoes 1 tbsp Tomato Puree 2 x 320g Ready Rolled Shortcrust Pastry 250g Mozzarella 80g Pepperoni 1 x Egg 160g Stuffed Pitted Olives

- Heat oven to 200°C/180°C fan (Gas 6).
 Heat the oil in a saucepan, add the
 garlic and oregano, and cook for 1 min
 until fragrant. Stir in the tomatoes and
 tomato purée, then cook over a high
 heat for about 5 mins until thickened.
- 2. Unroll the pastry, cut each sheet into quarters, and arrange on two

- baking trays. Spread a little of the tomato sauce over half of each quarter, keeping a border about half centimeter around the edge
- 3. Top with the cheese, followed by pepperoni and olives (this keeps the cheese from sticking to the top of the pastry as it melts). Brush the edges with egg and fold over the uncovered half of the pastry, pressing down the edges with a fork to seal.
- 4. If you have time, leave the pockets in the fridge for at least 15 mins to firm up.
- 5. Before baking, make a hole in the top of the pockets and brush with a little more egg. Bake for 20 mins or until golden.





Prawn & Pancetta Stir Fry

150g Red Onion
50g Green Beans
50g Spring Onions
10g Coriander
100g Pancetta
150g Prawns
400g Noodles
Fry Light (as required)
Pinch of Salt
Pinch of Pepper
40ml Sweet Chilli Sauce

- Chop the red onion, spring onions and green beans.
- 2. Rehydrate the noodles in boiling water.
- 3. Place pan onto stove spray with fry light.
- 4. Add red onions, spring onions and green beans to the beans to the pan.
- 5. Add the pancetta and fry for a further 5 minutes.
- Add prawns stir fry for another two minutes, add the coriander and chilli sauce.
- 7. Add noodles and stir well to coat with the sauce.

To Serve: Transfer to pre heated serving dishes and serve.

Lasagne Bake

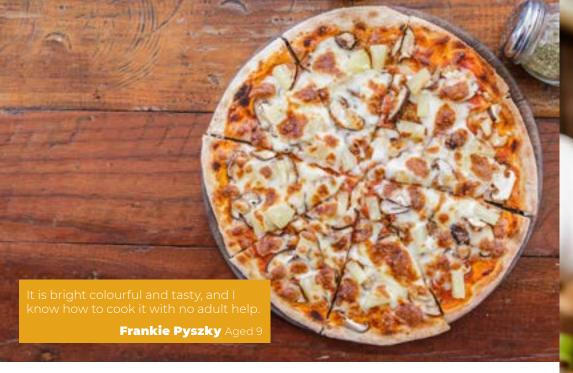
300g Onions 10g Garlic 250g Minced Lamb 6 x Lasagne Sheets 500g Lasagne Sauce 40g Cheese Sauce packet 10ml Oil

- Brown the onions in a saucepan, add the keema (mince) and then add the garlic.
- 2. Cook on the stove until the mince has browned slightly and is nice and tender.
- 3. Cook the pasta sheets until they are soft in boiling water.
- 4. Add Lasagne sauce to keema and mix well
- 5. Layer lasagne sheets with the keema, and cheese sauce finishing with the cheese sauce.
- 6. Place into a pre heated oven 180°C for 20-25 minutes until starting to brown.

To Serve: Remove from the oven and serve.

It's nice and easy to make and also delicious. **Emaan Shaffique** Aged 9





Tropical Pyszky Pizza

600g Strong Flour 150g Cheese 7g Dried Yeast 5g Salt 10ml Olive oil 225ml Water 30g Tomato Paste 200g Tomatoes 100g Pineapple 100g Mushroom 100g Cucumber 100g Lettuce

- Pre heat the oven to 180°C
- Place the bread flour and half a teaspoon of the dried yeast in a bowl with a tea spoon of salt.
- Slowly add 225ml of tepid water mix until the mixture forms a dough and becomes smooth.
- 4. Place a tea cloth over the bowl and allow 15 minutes to prove.

- 5. Slice the tomatoes, chop the pineapple and grate the cheese.
- 6. Chop the lettuce and slice the cucumber.
- 7. After 15 minutes place the dough onto a floured surface and roll out with a rolling pin.
- 8. Place the rolled out dough onto a lightly floured or lined baking sheet.
- Brush the dough with olive oil, spread with tomato paste then sprinkle with the cheese, pineapple and mushrooms.
- 10. Place the pizza into the oven for approximately 15-20 minutes until the bottom of the pizza is cooked and the cheese has melted.

To Serve: Transfer the pizza to a serving plate, and garnish with the lettuce tomato and cucumber salad.



Sweet Tuna Fritters

200g Sweetcorn
160g Tuna
750g Potatoes
Pinch of Salt
Pinch of Pepper
15g Chives
15g Coriander
15g Parsley
1 x Egg
Low Calorie Cooking Spray (as required)
100g Carrots

1. Preheat the oven to 180°C/160°C Fan/ Gas 4.

100g Cucumber

- Boil the potatoes for 15 minutes then drain and allow to cool. Roughly chop or grate them into a large mixing howl
- 3. Add the sweetcorn, tuna, herbs and eggs and season well
- 4. Combine the ingredients then divide into 12 portions and shape into a flat patties. Place on a baking tray lined with parchment paper. Spray with low calorie cooking spray and place in the oven for 15-20 minutes until lightly golden.
- 5. While the fritters are cooking prepare the carrot and cucumber sticks

To Serve: Once cooked remove fritters from the oven, place onto a serving plate and serve with the carrot and cucumber sticks.

Cheese and Bacon Muffins

50ml Vegetable Oil 200g Streaky Bacon 275g Self-Raising Flour ½ tsp Baking Powder 100g Butter 150ml Milk 1 x Egg 150g Cheddar Cheese 30g Chives 100g Rocket/ Mixed Salad 20ml Balsamic Dressing

- 1. Pre heat the oven to 200°C / 180°C Fan / Gas Mark 6.
- 2. Grease a muffin tin.
- Place the bacon into a frying pan, cook until golden brown, and chop

into small pieces. Set aside to cool.

- 4. Combine the flour baking powder and sea salt, mix in the butter until the mixture resembles breadcrumbs.
- 5. Whisk the milk, oil and egg together, add to the dry breadcrumb mixture then add the bacon, cheese and chopped chives mix again.
- 6. Spoon the mixture into the muffin tin.
- Place the muffin tin into the pre heated for 20 minutes. The tops should be golden brown when cooked.

To Serve: Place some mixed salad onto the serving plates drizzle with balsamic dressing and serve



Gluten Free Sunshine Burgers

25g Cornflakes 225g Minced Beef 1x Egg 75g Flour 1 tbsp Vegetable Oil 4x Bread Buns 50g Lettuce 200g Fresh Tomatoes 100g Tomato Ketchup Pinch of Pepper

- 1. Pre Heat the oven to 200°C 180°C fan Gas Mark 6
- Place cornflakes into a freezer bag and bash them with a rolling pin, place them into a bowl.
- 3. Add the minced beef to a bowl and season with ground black pepper.
- Break the egg into another bowl and whisk, add 1 tbsp of the egg to the minced beef and mix well.
- 5. Place some flour into a bowl then place bowls in a line, mince first, flour second, egg third and cornflakes fourth.

- 6. Divide the minced beef into six pieces and shape in the palm of your hand into a round burger shape.
- 7. Next take each shaped burger and coat in the flour, then dip into the egg and finally coat with the crushed cornflakes, place onto a lightly oiled baking sheet repeat the process with each burger.
- 8. Try and keep all the burgers the same shape during this process, this will help all the burgers cook in the same time
- 9. Lightly drizzle with vegetable oil and place them into the pre heated oven for 15-20 minutes or until cooked through.
- 10. Slice the tomatoes prepare the lettuce and slice the burger buns

To Serve: Once cooked assemble the burgers garnished with the lettuce and tomatoes serve on a pre heated serving dish with tomato ketchup.



It's healthy, Its tasty, its chicken and chorizo jambalaya.

I chose this because it's a healthy cook up with a twist of spice and contains 3 of your 5 a day

Izabel Bradbury Aged 10



Chicken and Chorizo **Jambalaya**

1 tbsp Olive Oil 320g Chicken Breast 220g Onion 220g Red Pepper 10g Garlic Cloves 75g Chorizo 1 tbsp Cajun Seasoning 250g Long Grain Rice 400g Plum Tomatoes 350ml Chicken Stock

- Dice the chicken and onion, slice the chorizo and red pepper, and crush the garlic.
- 2. Heat the oil in a large frying pan with a lid and brown the chicken for 5-8 mins until golden. Remove and set aside.
- 3 Add the onion and cook for 3-4 mins until soft. Add the pepper, garlic, chorizo and Cajun seasoning, and cook for 5 mins more.
- 4. Stir the chicken back in with the rice. add the tomatoes and stock. Cover and simmer for 20-25 mins until the rice is tender

To Serve: Once cooked serve piping hot.



Tagliatelle

223q Tagliatelle 400g Carbonara Pasta Sauce 100g Red Pepper 2 x 80a Tomatoes 192g Bacon 78g Baby Potatoes with Herbs 20g/20ml Oil/Butter

- 1. Place a saucepan onto the stove, add water and bring to the boil.
- 2. Dice the red pepper and tomato on a separate board dice the bacon into small pieces.
- 3. Place the tagliatelle into the boiling
- 4. Place the oil /butter into a frying pan and cook the bacon until it is starting to get crispy.

- 5. Add the red pepper and tomatoes.
- 6. Place the potatoes in the microwave for 8 minutes
- 7. Once the tagliatelle is cooked drain
- 8. Add the carbonara sauce to the pasta stir until the pasta is well coated.
- 9. Heat the tagliatelle and sauce through then add the bacon peppers and tomato.
- 10. Remove the potatoes from the microwave and cut in half.

To Serve: Place the tagliatelle onto the pre heated serving plates, serve with the herby potatoes.

Oatcake Baskets

160g Sausages 120g Bacon 200g Baked Beans 100g Cherry Tomatoes 5g Basil (fresh) 100g Cheese 100g Mushrooms 4 x Oatcakes 5 x Eggs Oil

- Tie up hair, wash hands, and prepare work station
- 2. Pre heat the oven to 220°C, Spray oil the muffin tins.
- 3. Grill the sausages, bacon and half the cherry tomatoes, turn regularly.
- 4. Once cooked allow to cool slightly then cut into small pieces. Remove the muffin tray from the oven.
- 5. Cut oatcakes into half then into 3 triangles, place them into the pre heated muffin tin, to create a basket shape

- 6. Place the chopped bacon, sausage and tomatoes into the basket.
- 7. Whisk the eggs and pour this mixture into the baskets.
- Place back into the pre heated oven until eggs are firm. Approximately 10 minutes.
- Remove the baskets from the oven sprinkle with the grated cheese then place back into the oven to brown and crisp the cheese.
- 10. Lightly fry the mushrooms, in another pan fry the cherry tomatoes, once soft add the basil to the tomatoes.
- 11. Place beans into a microwavable dish and cook on full power for two minutes depending on the microwave power.

To Serve: Remove baskets from oven place onto pre heated serving plates, serve with the mushrooms, tomatoes and baked beans.



Smoked Salmon and Dill Pate

with Brown Toast and Tomato Chutney

> 80g Smoked Salmon 180g Cream Cheese 1 x Lemon 5g Fresh Dill 100g Tomato Chutney 1 Slice Brown Bread Pinch of Black Pepper

- Place the cream cheese into a mixing bowl.
- 2. Mix in the smoked salmon a little lemon zest
- 3. Season with black pepper add a squeeze of lemon juice.
- 4. Place in the fridge to chill for 10 minutes.
- 5. Remove from the fridge.

To Serve: Place some of the pate onto the serving plates, garnish with the tomato chutney and brown bread.





Keely's Biryani

with Minted Flatbread and Cucumber Salad

200g Basmati Rice 15ml Vegetable oil 200g Chicken Fillet 60a Fresh Coriander 200g Red Onion 100g Cauliflower 100g French Beans 4 x Fresh Tomatoes 60g Balti Paste 130ml Water 2 x Hard Boiled Eggs 150g Self-Raising Flour Pinch of Black Pepper 25g Fresh Mint 150g Low Fat Yoghurt 200g Cucumber 15ml Lemon Juice

- 1. Dice chicken and place in a bowl
- Cook the rice and boil the eggs then finely chop the red onion.
- 3. Wash the vegetables, chop the coriander, cut the tomatoes into quarters, all other vegetable cut into small dice.

- 4. Heat the oil in a large pan, add the chicken, the Balti paste and half the coriander, keep stirring until chicken is cooked through.
- 5. Add remaining vegetables except the tomatoes and cook for a further 3 minutes,
- 6. Add the tomato quarters and add the water gradually, add the cooked rice and mix well and simmer for 2 minutes.
- 7. Sift flour into a bowl, add pepper and chopped mint, add yoghurt and mix to form soft dough, divide into 4 and roll out to the size of a saucer.
- 8. Cook in a non-stick frying pan 2-3 minutes per side, keep warm.
- Chop all ingredients for the cucumber salad and mix together with the lemon juice.

To Serve: Spoon Biryani into pre heated serving dishes and serve with the flat bread and cucumber salad, garnish with chopped coriander.



Pastry-free Quiche and Wedges

3 x Eggs
300g Cheese & Chive Cottage Cheese
160g Mushrooms
300g Chopped Mixed Peppers
300g Chicken Breast
5g Piri Piri Seasoning
500g Potatoes
Pinch of Salt
Pinch of Pepper
40ml Oil

- 1. Pre heat the oven to Gas Mark 6 (200°C)
- Dice chicken breast sprinkle with salt, pepper and Piri Piri seasoning fry in a little oil until cooked and lightly browned. Set to one side.
- 3. Crack eggs into a bowl and whisk.
- 4. Add cottage cheese and mix together, add chopped mushrooms, peppers and cooked chicken mix well.
- 5. Pour into a greased quiche dish.
- 6. Chop potatoes into wedges season then brush with oil, place into the pre heated oven
- 7. Place Quiche dish into the oven, bake until eggs are cooked and mixture is golden brown, approx. 20-30 minutes.

To Serve: Remove from oven place on pre heated serving dishes and serve.



Filipino Chicken Adobo

250g Chicken Thighs/Drumsticks or Chicken Breast 30ml Oil 30ml Water 30ml White Vinegar 30ml Soy Sauce Pinch of Black Pepper 1 Clove of Garlic 5g White Sugar 100g Lettuce 1 x Onion 100g Tomatoes 100g Long Grain Rice 1 x Bay Leaf

- 1. Chop chicken, place into a saucepan with a little oil, lightly brown.
- Add the vinegar, soy, garlic, pepper, sugar, bay leaf and water then bring to the boil.
- 3. Simmer for 15 20 minutes.
- 4. Cook the rice following the packet instructions.
- 5. Shred the lettuce, slice the onions and tomatoes.

To Serve: Once chicken and rice are cooked place into the serving dishes and serve with the fresh salad.

Lola's Chicken Pie

200g Chicken Thigh
400g Ready Roll Puff Pastry
400g Leeks
200g Spinach
200g Mushrooms
100ml Double Cream
1 tbsp Corn flour
5g Fresh Rosemary
Pinch of Salt
Pinch of Pepper
1 x Egg

- 1. Pre heat the oven to gas mark 7 (220°C or 200°C fan oven)
- 2. Slice the leeks and mushrooms.
- 3. Place the chicken thighs into a pie dish, season with salt and pepper.
- 4. Mix in the leeks, mushrooms and spinach.
- 5. Roll out the pastry on a floured surface and place on top of the pie dish.
- 6. Crimp the edges and brush the top with beaten egg.
- 7. Place in the pre-heated oven until chicken is cooked and pastry is golden brown

To Serve: Once pie is cooked remove from oven, portion and serve on preheated serving plates.

This dish feeds a family of four for less than £1.00 each and uses all healthy ingredients.

Lola-Mae Steele Aged 9



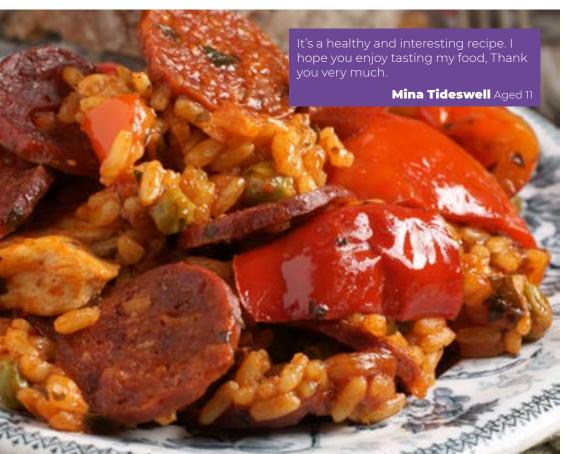
Staffordshire Sausage Paella

2 tbsp Olive Oil
5 x Sausages
100g Chorizo Sausage
100g White Onions
5g Garlic
5g Turmeric
600ml Water
1 ½ Chicken Stock Cubes
225g Long Grain Rice
200g Chopped Tomatoes
200g Red Pepper
115g Peas

- 1. Heat the oil in a large nonstick frying pan with a lid.
- 2. Add the chopped onion, garlic and turmeric, cook for two minutes.

- 3. Make up the stock by dissolving the stock cubes in boiling water.
- Add chorizo to the pan and stir, add the rice stir again then slowly add the water
- 5. Bring to the boil and stir, then cover and reduce heat and simmer for 15 minutes, during this time keep stirring to prevent rice from sticking to the pan.
- 6. Slice the cooked sausages.
- 7. Add tomatoes peas and red pepper to the pan, then cook until the liquid has reduced and the paella is piping hot.

To Serve: Spoon into the serving dishes and serve.





Krokiety

150ml Milk
75g Flour
1 x Egg
Pinch of Salt
75g Minced Beef
75g Chicken Breast
50g Celery
50g Carrots
100g Mushrooms
100g Onion
100ml Chicken Stock
Pinch of Salt
Pinch of Black Pepper
200g Breadcrumbs

- Place the flour, milk and eggs into a mixing bowl with a pinch of salt, whisk together until the mixture is very smooth.
- 2. Set a frying pan on a medium heat and carefully wipe it with an oiled pastry brush. When hot, pour in a small amount of the pancake mixture into the pan, cook your pancakes for approximately one min on each side until golden.
- Wipe mushrooms with kitchen paper then finely dice, chop onions then fry in a pan until soft. Drain well and place into clean bowl.
- 4. Switch on the mincing machine and

mince the beef and chicken. Chop the carrots and celery into small dice.

- 5. Place a frying pan onto the stove and fry the carrots, celery, beef and chicken until cooked season with salt and pepper, add 100ml of chicken stock and reduce, once cooked place into a clean bowl.
- 6. Allow mixture to cool.
- 7. Tip the mushrooms and onions into the meat bowl and mix together well.
- 8. Place the stuffing in the middle of the pancake, fold the sides to cover the filling and roll the crepe along the long edge to form a cube shape.
- 9. Take two bowls place the egg in the first and whisk well, place the breadcrumbs into the second bowl
- Dip each pancake into the egg then the breadcrumbs, then place in a clean dish, repeat the process until all pancakes are used.
- 11. Add a little oil to a frying pan and shallow fry until all sides are golden brown and the filling has heated through.

To Serve: Remove from pan, drain on kitchen towel and serve on a pre heated serving plate.

Red Onion, Ham & Cheese Tart

375g Puff Pastry
200g Light Cream Cheese with Chives
2 x Free Range Eggs
50g Gruyere Cheese (Grated)
1 x Red Onion (Chopped)
2 Slices Cooked Ham (Chopped)

- Pre heat the oven to 220 C,Gas Mark
 7 and put a baking tray inside to heat
 up.
- 2. Unroll the puff pastry and cut into 4 rectangles. Score a 2.5cm border all around the pastry.
- 3. Mix the pot of light cream cheese and chives with legg until smooth, stir in

half the gruyere cheese, half the ham and season with black pepper.

- Spread the mix within the border of each pastry piece, brush the edges with the beaten egg.
- 5. Scatter the remaining cheese and ham over the tarts.
- 6. Return the hot baking tray to the oven and cook the tarts for 15 20 minutes or until risen.

To Serve: Divide between the plates and serve with a mixed salad if you like and enjoy.



winter warmer. It's et your five a day. It's to make.

Ruby Booth Aged 10

Stew

1 tbsp Vegetable oil
200g Onion
200g Carrots
200g Celery Stalks
250g Turnip
600ml Vegetable Stock
400g Tinned Tomatoes
420g Butter Beans
Sprig of Fresh Thyme
4 Portions Crusty Bread

- . Peel and chop the onion finely.
- 2. Peel and chop the carrots, parsnips and turnip.
- 3. Wash and chop the celery.
- 4. Heat the oil and gently fry the onion for approximately 5 minutes or until soft.
- 5. Add the rest of the vegetables, cover and fry over a medium heat for another 5 minutes until they start to soften.
- 6. Pour in the stock, canned tomatoes and thyme. Bring to the boil, cover and simmer for 10 minutes.
- 7. Stir in the Butter Beans and cook for a further 5 minutes until all the vegetables are tender.
- 8. Carefully remove the thyme.

To Serve: Divide between 4 bowls and serve with Crusty Bread.



I have chosen the tomato omelette because it is a deliciously healthy meal, and it is quick and easy to clean up after you have made it.

Samuel Foxall Aged 11



Tomato Omelette

8 x Eggs 4 x Tomatoes Pinch of Salt Pinch of Pepper 20ml Vegetable Oil 120g Cucumber 10ml Vinegar 40g Mixed Salad Leaves

- Crack the eggs into a bowl season with salt and pepper and whisk for 90 seconds
- 2. Thinly slice the tomatoes and place into an oiled omelette or frying pan.
- 3. Place the pan onto a medium heat.
- 4. Allow the pan to heat up then pour the egg over the tomatoes, keep agitating the pan and egg mixture for 5 minutes until it starts to set.
- 5. Once cooked the cut the omelette into 4 portions

To Serve: Serve with a tasty cucumber salad and mixed salad leaves

Pepperoni Pizza

375g Flour 5g Salt 10g Caster Sugar 7g Dried Yeast packet 2 tbsp Olive Oil 225ml Water 200ml Pizza Sauce 200g Cheese 100g Pepperoni 25g Butter

- 1. Pre heat the oven to 250°C/450°F
- 2. Place the flour, salt, sugar, yeast in a mixing bowl.
- 3. Add the oil and lukewarm water mix until dough is formed.
- 4. Knead the dough on a floured surface until it is nice and smooth.
- 5. Lightly grease the baking sheet with the butter then roll out the dough into a large circle.
- 6. Spread the pizza sauce on top of the dough, then sprinkle with the cheese and sliced pepperoni
- 7. Place in the pre heated oven until the base is cooked and the cheese is starting to brown and bubble.

To Serve: Remove from the oven, cut into portions and serve.



Lentil & Vegetable Cobbler

with Mixed Bean Salad

5a Garlic 270g Red Onion 100g Celery Stick 200g Sweet Potato 300g Carrots 100g Cauliflower 100g Mushrooms 400g Tomatoes 75a Red Lentils 30a Cornflour 1 x Vegetable Stock Cube 400a Mixed Bean Salad 200g Sweetcorn 400a Fresh Tomatoes 3 x Spring Onions 1 x Lime 20a Fresh Parslev 150g Self Raising Flour 45g Low Fat Spread 1 x Eqa 30ml Milk 30ml Oil 500ml Water

- 1. Preheat oven to 180°C, fan 160°C or Gas Mark 4.
- Heat oil in a large oven proof pan and add the onion, garlic and cook for 2-3 minutes.
- 3. Add the celery, sweet potato, carrots and cauliflower then stir fry for 2-3 minutes, remove from heat, add the mushrooms tomatoes and red lentils

- 4. Make up the vegetable stock using the stock cube and water.
- 5. Blend the cornflour with 3/4 tablespoons of water and add to the saucepan with the vegetable stock and parsley bring to the boil then transfer to a casserole dish cover then place in the oven for twenty minutes.
- 6. Sift flour into a bowl, rub in the low fat spread until it resembles breadcrumbs then add the eggs and milk to form soft dough.
- 7. Roll out the dough to 2cm thickness and cut out using a 4cm round cutter.
- 8. Remove the casserole from the oven and remove the lid, correct the consistency of the casserole if required. Turn the oven up to 200°C, arrange the scones around the edge and brush with the remaining egg and milk.
- 9. Place back into the oven for a further 12-15 minutes
- Make up salad by chopping remaining ingredients and zest and juice of the lime season with salt and pepper

To Serve: Remove casserole from oven place into pre heated serving dishes and serve with the salad.

Gloriously Gluten Free Sausage, Spinach and Tomato Pasta

4 Links Gluten Free Pork Sausage
125g Gluten Free Pasta
1 Small Handful Spinach
125g Mushrooms
3 Medium Carrots
3/4 Broccoli Head
2 x 400g Tins of Chopped Tomatoes
Tomato Puree
1/3 Pepper
50g Cheese
25g Margarine
2 Slices Gluten Free Bread
1 Clove Garlic

Preparation

- Peel and chop the ends of the carrots off, then grate using a coarse grater into a bowl.
- 2. Cut the broccoli into small florets.
- 3. Cut the mushrooms, at least into quarters or smaller.
- 4. Slide the pepper into thin strips then into small chunks about 5mm x 5mm.
- 5. Roughly chop the spinach in a pile to make the leaves smaller (this releases the flavour).
- 6. Cut the sausages into smaller pieces about 1 to 1.5cm thick.

Cooking

- 1. Add water to a saucepan and put on high heat to bring to the boil.
- Add a little oil to the frying pan and on a medium heat add the sausage pieces. Let them sizzle and brown for 10 minutes.
- 3. Add the broccoli to the boiling water to cook for 8 minutes.
- While the broccoli simmers add the mushrooms and pepper to the frying pan and continue cooking.
- 5. When the broccoli has cooked, drain and add to the frying pan with tinned tomatoes, tomato puree, and grated carrot. continue to cook on a low heat.
- 6. Put the pasta into the boiling water and simmer for 10 minutes.
- 7. Drain the pasta and add to the frying pan. Mix gently then transfer to individual dishes.
- 8. Sprinkle cheese on top and grill till bubbling.

To Serve: Crill a slice of gluten free bread, add crushed garlic and butter, cut into triangles and serve with the pasta dishes.



My Aunty Alison is Celiac, meaning she can't eat Gluten without being poorly. Sometimes the menu choices can be a bit boring, so I wanted to combine the tastiness of sausages, with vegetables and tomatoes to give a flavourful but healthy energy packes meal

Llike the surprise of finding the

sausages in the tomato sauce, but without even noticing the carrot, mushroom or pepper.

You can easily change a couple of ingredients and make it vegetarian dairy free or even vegan.

Jack Timbey Aged 11

Chicken, Bacon & Camembert Parcels

with Sweet Potato Fries and Broccoli

4 x 200g Chicken Breast Fillets 200g Streaky Bacon 100g Camembert Cheese 2 tbsp Honey 200g Sweet Potatoes 10ml Olive Oil 200g Broccoli

- 1. Make an incision into the chicken breast creating a small pocket.
- 2. Divide the cheese and place into the pocket.
- 3. Wrap some streaky bacon around the chicken breast.
- 4. Glaze with the honey and place onto a baking sheet.
- 5. Place into a pre heated oven 200°C for 30 minutes until it has reached 75°C
- 6. Cut the sweet potatoes into wedges place onto a baking sheet brush with oil and place into the oven.
- 7. Cut the broccoli into florets and place into boiling water until soft.
- 8. Drain the broccoli in a colander and remove wedges and chicken from the oven. Test the chicken with a temperature probe to check chicken has reached temperature and is cooked.

To Serve: Neatly arrange the items onto pre-heated serving plates and serve.



Auntie Sarah's Spaghetti Bolognaise

500g Minced Beef 5% fat 250g Passata 20g Tomato Puree 20g Worcestershire Sauce 15g Tomato Sauce 1 x Beef Stock Cube 100g White Onion 100g Red Pepper 200g Spaghetti 50g Cheese 100g Peas 1 x Baguette 50g Garlic Butter Spray of Fry Light

- Place a pan of water on the stove, bring to the boil ready to cook the spaghetti
- 2. Add some fry light to a saucepan and add the minced beef and brown.
- 3. Add the onions, tomato puree, Worcestershire sauce, tomato sauce, stock cube, red pepper and simmer.
- 4. Grate the cheese, spread the baguette with garlic butter and sprinkle with the cheese, place oven to warm through.
- 5. Place the spaghetti in the boiling water cook until soft then drain well
- 6. Add the peas to the sauce and cook simmer for 2 minutes more.
- 7. Place the well-drained spaghetti onto the serving plates top with the sauce.

To Serve: Serve with the cheesy garlic baguette.

Upside Down Chicken with a Twist

200g Rice
200g Green Pepper
170g Halal Chicken
20g Parsley
10g Garlic
20g Tomato Puree
Pinch of Black Pepper
100g Onion
100g Aubergine / Egg Plant
100g Potato
100g Green Beans
1lt Stock

- 1. Cut the raw chicken into small pieces.
- 2. Rinse the rice and then soak for 15 minutes, drain well.
- 3. Chop the aubergine, green pepper, potato and onion into small dice.
- 4. Cook the potato in a pan until soft,

add aubergine garlic and onion.

- 5. Place the raw chicken into the bottom of a heavy based sauce pan.
- Top with the green beans, the cooked potato, aubergine, green peppers and onion.
- 7. Sprinkle the rice on top of the vegetables.
- 8. Mix the tomato paste with black pepper and stock, pour over the rice.
- Bring to the boil then simmer with a tight fitting lid until all the liquid has been absorbed. Allow to rest for 5 minutes.

To Serve: Remove the lid and place a large platter upside down over the pot. Carefully invert the mixture onto the platter and serve.





Porky Pig Apple Burger

500g Pork Mince 150g Bramley Apple 2 x Free Range Eggs 30a Spring Onions 2g Fresh Sage 75q Fresh Breadcrumbs ½ tsp Sea Salt ½ tsp Black Pepper 60a Wild Rocket 100g Red Pepper 100g Yellow Pepper 5a Walnuts 100g Tomato 4 x Bread Baps 4 x BBO Sauce Sachet 20ml Oil

- 1. Pre heat an oven to 180°C fan.
- 2. Core the apple using a knife and then grate.
- 3. Chop the sage and spring onions, and make the bread into breadcrumbs.
- 4. Lightly beat the two eggs in a bowl.

- 5. Place the minced pork into a mixing bowl, season with salt and pepper then add the beaten eggs, sage, apple and breadcrumbs. Mix well.
- Divide the mixture into 4 and shape into a round burger shape using your hands.
- 7. Heat a frying pan and place the burgers into the pan seal on both sides for 45-60 seconds.
- 8. Place into the pre heated oven to cook through for 10-15 minutes.
- 9. Chop tomato, peppers, place into a bowl mix with the wild rocket, season with a little salt and pepper then sprinkle with chopped walnuts.
- 10. Slice the burger buns.

To Serve: Remove burgers from the oven, drain any excess oil on kitchen paper and place into burger bun. Serve on a plate with some side salad and a sachet of BBQ sauce.

I chose this dish because it is a traditional meal in England and it is one of my favourite meals.



Cottage Pie

500g Minced Beef 200g Onion 200g Carrots 2 tbsp Plain Flour 500ml Beef Stock 500g Potatoes 50g Butter 20ml Milk Pinch of Salt Pinch of Pepper

- 1. Pre Heat the oven to 180°C
- 2. Peel and chop the onions, carrots and potatoes.
- 3. Place the potatoes into slightly salted water and bring to the boil, simmer for 15 20 minutes until potatoes are soft enough to mash.
- 4. While the potatoes are cooking place the minced beef into a saucepan with a little oil and fry on a medium heat until browned, add onion and carrot.
- 5. Stir in the flour and stir in well, start to add the beef stock slowly until all incorporated into the mixture.
- 6. Season with salt and pepper.
- 7. Drain the potatoes in a colander then place back into the saucepan, mash well then add the butter and milk then season with salt and pepper.
- 8. Spoon the minced beef mixture into an oven proof piping dish and cover with the mashed potatoes.
- 9. Decorate the top with a fork then place into the pre heated oven

To Serve: Once the cottage pie is up to temperature and golden brown remove from the oven garnish and serve.

My Favourite Recipe

Have you got your own favourite recipe that can feed four people and be prepared and cooked within an hour? Write it down here to keep it safe.

Ingredients

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Thank you

City Catering would like to thank the following schools for participating in Junior Chef of the Year 2018:

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Kingsland CE Academy

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