

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 2017 competition.

Why not give them a try ...

... get cooking!





Breakfast Muffins & Charlotte Potato Wedges

150g Mushrooms 70g Bacon Spray of Low calorie cooking oil 200g Potatoes 4 x Eggs Seasoning (to taste)

- 1. Pre-heat the oven to 200°c.
- 2. Slice the mushrooms and chop the bacon into small pieces.
- 3. Spray the bottom of a non-stick frying pan with low calorie oil and fry the bacon until crispy. Remove the bacon from pan.
- 4. Wash then cut potatoes into wedges, place into a saucepan, bring to the boil and par cook for 5-10 minutes.
- 5. Spray a baking sheet with cooking oil and lightly spray the wedges. Place

- into the oven to cook for 30 minutes until golden brown.
- 6. Add the sliced mushrooms to the pan and fry for a further 5-10 minutes.
- 7. Mix the bacon and mushrooms together.
- 8. Whisk the eggs and season to taste.
- 9. Line a muffin tin with 4 paper cases, divide bacon and mushrooms in between the four cases.
- Pour the beaten egg mixture into the muffin cases and bake for 20-25 minutes.
- 11. Remove muffins and wedges from the oven.

To Serve: Place onto pre-heated serving dish, garnish and serve.

Nacho Feast

3 x Jacket potatoes
500g Minced beef
150g Red pepper
120g Onion
400g Chopped tomatoes
1tbsp Tomato puree
2tsp Cumin
2tsp Paprika
½tsp Chilli powder
½tsp Sweetener
Salt (to season)
40g Parmesan

- Cut potatoes into wedges, spray tray with oil and place into the oven 180°c. Shake during the cooking process to prevent wedges from sticking.
- Brown the mince in a frying pan, drain off any excess oil, add the chopped peppers and onions.
- Add the chopped tomatoes, tomato puree and the spices, then season.
- Simmer and reduce the sauce until correct consistency.
- Once potato wedges are cooked, put wedges into a clean pre-heated serving dish.
- 6. Pour the spicy sauce over the wedges.

To Serve: Grate parmesan over the wedges and sauce and serve.



Ham & Spring Onion Quiche

300g Shortcrust pastry 3 x Spring onions 30g Ham (Prosciutto) 3 x Eggs 40ml Double cream 140ml Milk 50g Grated cheese Seasoning

- 1. Pre-heat the oven to 170°c/gas mark 3.
- Roll out the pastry and line the quiche tin.
- 3. Cut the spring onions into small pieces
- 4. Cut the prosciutto ham into small pieces.
- Fry the spring onions in a frying pan for 3-5 minutes, until onions are softened.
- 6. Place eggs, cream and milk into a bowl and whisk together.
- 7. Place spring onion and ham mixture into pastry case.
- 8. Pour egg mixture into pastry case, then sprinkle cheese on top.
- Place quiche into pre-heated oven for 20-25 minutes.

To Serve: Once cooked and golden brown, remove from oven and serve.



I chose this recipe because it was healthy and looks good. It is called Spring Vegetable Pasta and it is spring now. People like pasta. especially this kind. **Eowyn Rodgers** Aged 8

Spring Vegetable Tagliatelle

with Lemon & Chive Sauce

60g Green beans
400g Tagliatelle
60g Spring onions
50g Broad beans
40g Peas
1 x Lemon
1tbsp Olive oil
1tbsp Dijon mustard
15g Chives (snipped)
20g Parmesan
Seasoning (to taste)

- Cut the green beans in half.
- Place tagliatelle into boiling water, simmer until tender.
- Add the vegetables to the water with 5 minutes of the cooking time remaining.
- In a large pan, grate the zest of half the lemon and squeeze the lemon juice into the pan.
- 5. Add the olive oil and the dijon mustard and stir together.
- Once pasta and vegetables are cooked, drain well, add 4tbsp of the cooking liquid to the olive oil and lemon mixture.
- Place the pasta back into the pan with the lemon and olive oil and add ¾ of the chives.
- 8. Toss ingredients together so all the tagliatelle is coated in the mixture.

To Serve: Transfer to 4 serving dishes, sprinkle with the remaining chives and grate the parmesan on top.



Flatbread Delight

150g Self-raising flour 150g Wholemeal flour Black pepper (to season) 300ml Low fat greek yogurt 100g Red & green peppers 30g Celery

> 50g Onion 10g Parsley 5g Chilli

5g Čoriander

30g Chickpeas

50g Spinach 30g Red cabbage

30a Carrots

50ml Soured cream (low fat)

50g Tomatoes

1 x Lemon Pinch of Mixed herbs 20g Rocket

1. Sift the flour into a bowl and add the black pepper. Mix in the natural yoghurt to form a dough.

- 2. Knead the dough on a clean surface until smooth.
- 3. Roll out the dough. Allow to rest for 5-10 minutes.
- 4. Prepare and chop the peppers, celery and half the onion, add a little oil to the frying pan and cook gently for 2 minutes. Add herbs, spices, chickpeas and spinach and cook for 10 minutes.
- Grate the cabbage, carrot and remaining onion, mix ingredients together, add the soured cream and season.
- Chop the tomatoes, mix with the lemon juice and mixed herbs and toss together with the rocket leaves.
- 7. In a frying pan, cook the bread until golden brown on both sides.

To Serve: Place flatbread on plate, add filling and serve with salad and coleslaw.

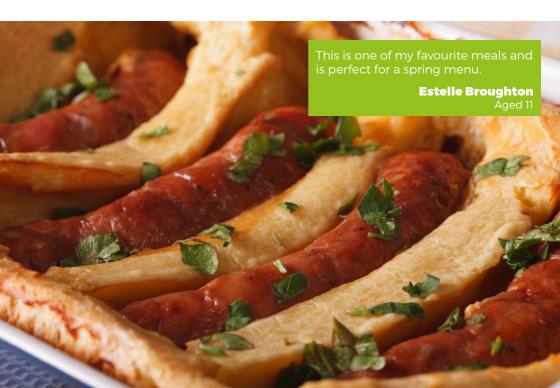
Toad in the Hole with a Twist

140g Plain flour
2 x Large eggs
175ml Milk
Salt & Pepper (to taste)
5ml Vinegar
10g Fresh herbs
200g Potatoes
160g Carrots
160g Cabbage
30ml Oil
8 x Pork & apple sausages
30g Butter
1 x Chicken stock cube

- Place flour, eggs, milk, pinch of salt and vinegar in a mixing bowl, whisk well, add the mixed fresh herbs, then set to one side and allow the mixture to rest.
- 2. Wash, peel and chop the potatoes and carrots. Place potatoes in salted water and place on stove to cook.

- 3. Slice cabbage.
- Place the oil in the Yorkshire Pudding trays and place in a 180°c preheated oven.
- 5. Fry sausages in a little oil until browned on all sides.
- 6. Remove oil from oven then pour in the batter mix and place the sausages into the tray, then return to oven.
- 7. Cook cabbage and carrots in boiling water, then drain well.
- 8. Mash the cooked potato with butter.
- 9. Once the toad in the hole is cooked, remove from the oven.
- 10. Make up some gravy using the stock.

To Serve: Serve all items together on preheated plates and serve.





This is a delicious dish which would be suitable for lunch, dinner or supper. It's fairly easy to make and is

I have tried it out at home and all of my family loved it so much I had to make it again.

nutritionally balanced and healthy.

Felicity Wall

Felicity's Cottage Potatoes

2 x Baking potatoes
100g Onion
50g Carrot
150g Minced beef
30g Butter
Salt & Pepper (to taste)
100g Grated cheese
50ml Milk

- 1. Preheat the oven to 170°c.
- Microwave the potatoes for 10 minutes.
- Soften the onions and carrots in a little oil in a frying pan, and then add the minced beef and brown. Add the beef stock and reduce.
- 4. Remove the potatoes from microwave and cut in half lengthways.
- 5. Scoop out the potato and add this to a bowl, add the butter and milk, then season with the salt and pepper.
- Divide the minced beef mixture between the potato skins then pipe the mixture back on top.
- Sprinkle the cheese on top, then cook in the preheated oven until golden brown.

To Serve: Serve on a preheated serving plate.

Lentil Bolognaise

with Pasta

2tbsp Olive oil
150g Onions
150g Carrots
50g Celery
Sprig of Thyme
2 x Garlic cloves
2tbsp Tomato puree
250g Puy lentils
400g Tinned tomatoes
1½ pints Vegetable stock
1tbsp Balsamic vinegar
Ground black pepper (to taste)
150g Pasta
Sea salt (to taste)

- Heat the oil in a large pan and add the onions, carrots and celery. Cook without colouring the vegetables for 5 minutes until the vegetables are starting to soften.
- 2. Add the thyme and garlic and cook for a further minute.
- Stir in the tomato puree and turn up the heat, add the puy lentils and stir well.
- 4. Add the tinned tomatoes and vegetable stock and bring to the boil, then simmer until puy lentils are tender and cooked. At this point, add the balsamic vinegar and black pepper.
- 5. Cook the pasta in boiling water. Once cooked, drain well.
- Add the pasta to the puy lentil mixture, mix ingredients together so sauce has coated the pasta.

To Serve: Transfer to clean preheated serving dishes and serve.

The reason I have chosen this dish is that it is nutritious and very healthy.

Grace Lily BourneAged 10





Cabbage & Potato Soup

with Crispy Bacon

170g White onion 100g Whole carrot 50g Celery 10g Garlic cloves 10ml Olive oil 550g Potatoes (floury type) Salt and pepper (to season) 1 litre Chicken stock 120g Streaky bacon 125g Savoy cabbage

- Chop the onion, carrot, celery and garlic using bridge hold and claw grip.
- 2. Heat the olive oil in a large saucepan over a medium heat.
- Add chopped vegetables, potatoes, garlic and salt and pepper.
- 4. Reduce the heat until low and sweat the vegetables for 5 minutes until soft.
- 5. Add chicken stock to the saucepan,

turn up the heat and bring to the boil.

- 6. Simmer until vegetables and potatoes are tender.
- 7. Meanwhile, grill the bacon until crisp, then cut the bacon into thin strips.
- 8. Shred the cabbage, discard the core.
- 9. Remove the soup from the heat and carefully blend the soup using a food processor until smooth.
- 10. Return the soup to the pan and add the shredded cabbage.
- Bring the soup to the boil and then simmer until the cabbage is tender.
- 12. Check the soup for seasoning and consistency.

To Serve: Transfer to serving dishes, sprinkle with the sliced bacon and serve.



This dish is perfect for winter and spring evenings as it is warm and fills you up even though the nights are dark and cold. The cheese on top is a tasty treat.

It is a good choice to hide vegetables so that you don't even notice you are eating them. The pulses are added to keep the cost of the dish low and the number of vegetables high. I like to keep some carrots which I like separate.

The broccoli and cauliflower is separate so it doesn't go mushy (my sister hates mushy broccoli).

Most of the vegetables can be local and it is easy to change the recipe to suit different vegetables at different times of year.

> Jack Timbey Aged 10

Vegetable Hide'n'Seek

160g Potatoes
300g Carrots
125g Broccoli
125g Cauliflower
80g Green beans
125g Red cabbage
100g Cheddar cheese
350g Minced beef
400g Mixed pulses
Grawy granules/stock (to thicken)

- Peel and cut the potatoes into small cubes, place in cold water.
- 2. Peel and cut the carrots, half into slices and half into thin strips.
- Cut the broccoli and cauliflower into florets, beans into short lengths, slice the cabbage and grate the cheddar.
- 4. Add the potatos to boiling water and cook until soft enough to mash.
- Place minced beef in a deep saucepan and cook on a medium heat until browned.
- Add the prepared vegetables (green beans, cabbage, pulses and carrot strips).
- 7. Add some water to the pan then thicken using the gravy.
- 8. Cook the other vegetables (broccoli, cauliflower and carrot slices) in a steamer or in a saucepan.
- 9. Drain the potatoes and mash.
- 10. Place the mince and vegetables into a ceramic dish.
- 11. Place the mashed potato on top.
- 12. Sprinkle with grated cheddar, place in a preheated oven for 10 minutes.

To Serve: Once golden brown, remove from the oven and serve with cooked broccoli, cauliflower and carrots.

Smokey Sweet Potato and Bean Cakes

with Citrus Salad

200g Sweet potato
400g can Kidney beans
3 x Spring onions
30g Coriander
10g Chipotle
1 x Egg
40g Mayonnaise
1 x Lime
80g Salad leaves
4x Staffordshire oatcakes

- Prepare the sweet potato by peeling then either steaming or boiling until soft enough to mash.
- 2. Lightly mash the kidney beans.
- 3. Chop the spring onion, coriander and chipotle.
- 4. Mash the sweet potato, add the egg,

two spring onions, beans, coriander and chipotle, and mix well so all ingredients are combined.

- 5. Shape mixture into four cake shapes.
- Heat oil in a frying pan and shallow fry in the pan 4-5 minutes on each side until golden brown.
- 7. Mix the mayonnaise with the zest and juice of the lime.
- Toss the mayonnaise mixture with the crispy leaves and remaining spring onion.
- Heat the oatcakes in the microwave or oven until warm.

To Serve: Place oatcakes on plate, cover with salad mixture and top with a bean cake.



Succulent Family Curry

260g Chicken breasts
170g White onion
15g Garlic cloves
250g Sweet potatoes
5g Turmeric
5g Cumin
5g Ginger
400g Tinned tomatoes
1 x Curry leaf
150g Green peppers
150g Red peppers
10g Fresh coriander

- Chop the chicken into small pieces using colour coded board (raw meat only).
- 2. Chop the onion and crush the garlic.
- Fry the onions and garlic until softened and then put to one side.
- 4. Fry the chicken in a clean pan.
- 5. Peel and chop the sweet potatoes,

- add to the onion and garlic mixture, then add the spices and fry for a few minutes.
- Add the tomatoes, curry leaf and chicken to the pan, add chicken stock and simmer for 20-25 minutes.
- Cut the peppers in half, remove any seeds, place onto a baking tray and place in oven 170°c for 10 minutes.
- Remove peppers from the oven and divide the chicken curry between the peppers. (Remove the curry leaf.)
- Place the peppers back in the oven for another 5-10 minutes.

To Serve: Remove from the oven, place onto preheated serving plates, sprinkle with fresh coriander and serve.



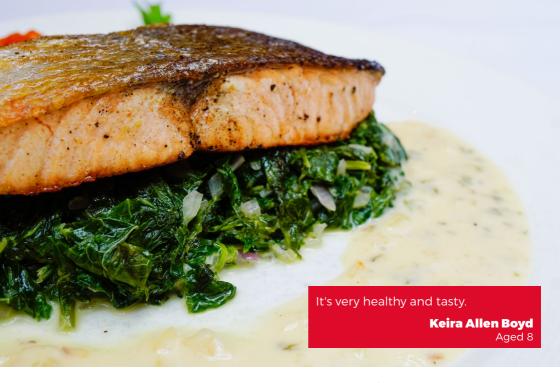
It's quick to make, it's healthy, it's easy to make and suitable for a family meal. **Joshua Williams** Aged 10

Cheese & Potato Pie

900g Potatoes 150g Onions 150g Peas 150g Sweetcorn 200g Cheddar cheese 120g Bacon rashers Seasoning (to taste)

- 1. Preheat the oven to 180°c.
- Wash, peel, boil and mash the potatoes.
- 3. Chop the onion.
- Place the onions and mash into a large bowl.
- 5. Cook the peas and sweetcorn in boiling water, drain and refresh.
- Add the cooked peas and sweetcorn, and grate half the cheddar cheese into the bowl and mix well.
- 7. Transfer mixture to an oven-proof dish.
- 8. Sprinkle the remaining cheese on top.
- 9. Remove any rind from the bacon and chop into small pieces.
- 10. Sprinkle the bacon on top of the mixture.
- 11. Place in the oven for 20 minutes until the cheese has melted and the cheese is bubbling.

To Serve: Remove from the oven and serve.



Salmon Surprise

240g Salmon
20g Butter
1 x Lemon
25g Margarine
20g Corn flour
20ml Milk
Salt & Pepper (to season)
20g Parsley
200g Spinach
4 x Eggs

- Place the salmon fillets in an ovenproof dish with a little water, place a small knob of butter and a slice of lemon on each fillet, cover with foil and place in a preheated oven 180°c for 15-20 minutes.
- Melt the margarine in a saucepan, mix in two tablespoons flour, stir ingredients together, add the milk gradually until all the milk has been incorporated and the sauce is smooth.

- Season the sauce with salt and pepper then chop the parsley and add to the sauce.
- Wilt the spinach in a pan with a small amount of water, season with salt & pepper, once cooked drain really well.
- 5. Poach eggs in a pan of simmering water.
- 6. Once the salmon is cooked remove from the dish and drain well.
- Correct the consistency of the sauce by using some of the cooking liquid.

To Serve: Place the well-drained spinach onto the warmed serving plates, place the fish onto the spinach, the poached egg is now put on top of the fish, then the sauce neatly poured over the fish. Sprinkle with a little freshly chopped parsley and serve.

I love to help my Mum & Dad cook. I am always asking questions when we cook together. I am entering the competition to learn more about cooking rather than the prizes.

> **Kylie Hansbury** Aged 11



Spicy Sausage & Bean One-Pot

200g Carrots
200g Onion (thickly sliced)
1 tbsp Vegetable oil
8 x Cumberland sausages
1 x Garlic clove (large)
2 x 400g Kidney beans in chilli sauce
Salt & Pepper (to season)
20g Parsley sprigs

- Wash and peel the carrots, peel the onions.
- 2. Chop the carrots and onions into small dice.
- Heat the oil in a large frying pan, add the onion, carrots and sausages, turning the sausages frequently so they are evenly browned.
- Add the garlic to the pan and the kidney beans in chilli sauce, top up one of the empty cans with water, swill the can out and add this to the pan.
- Give the pan a really good stir, then turn the heat down and simmer for 10 minutes
- Check to make sure the sausages are cooked.

To Serve: Once the sausages are fully cooked, season, then sprinkle with parsley and serve.

Celeriac & Apple Soup

25g Butter
2 x Apples
200g Leeks
200g Potatoes
200g Celeriac
100g Carrots
1lt Chicken stock
2 x Garlic cloves
5g Mixed herbs
2 x Bay leaves
Seasoning (to taste)

- Place the butter into a saucepan and soften the peeled and chopped apples.
- 2. Peel and chop all other vegetables.
- Add all other vegetables to the pan, add the boiling water and chicken stock.
- Add the garlic, mixed herbs and bay leaves to the pan, stir and mix well.
- 5. Bring to the boil and simmer until all vegetables are soft.
- Remove the soup from the stove and carefully blend using a hand blender or food processor

To Serve: Serve into preheated soup bowls and serve with warm crusty bread.



Lucy's Vegetable Baklava

250g Aubergine
150g Courgette
150g Onion
10ml Olive oil
200g Filo pastry
100g Butter
15gms Tomato puree
5gms Dried oregano
400g Chopped tomatoes with herbs
Seasoning (to taste)

- Preheat the oven to 160°c.
- 2. Chop the aubergine and courgettes into small chunks.
- 3. Peel and chop the onion.
- Heat the olive oil in a saucepan, add the onions and vegetables and gently cook until softened.
- 5. Brush the filo sheets with melted butter.
- 6. Layer some of the filo sheets in an

ovenproof rectangular dish.

- Add the tomato puree and oregano to the vegetables, mix well, then place the mixture into the dish.
- 8. Cover with more buttered filo pastry.
- 9. Place into the oven for 15-20 minutes.
- 10. Heat the tinned tomatoes in a saucepan.
- 11. Remove dish from oven.

To Serve: Serve portion of baklava on a bed of tomatoes.





I have chosen this dish because it is healthy, it is different to the dishes we already enjoy in school and it gives me an opportunity to show off my cooking skills.

> Marshall Hancock Aged 10

Succulent Chicken Kebab

with Rice and Mixed Leaves

100g Red peppers 100g Green peppers 100g Mixed leaves 260g Diced chicken 150g Red onion 120g Rice 1 x Lemon

- 1. Chop all the peppers into small pieces.
- 2. Wash the salad leaves and put them in a colander and allow them to dry.
- 3. Place chicken, peppers and onion alternately on the skewers.
- Place a pan of water onto the stove and bring to the boil, put in the rice until cooked.
- Put the kebabs on a tray and place under the grill or an oven, turning frequently until cooked.
- 6. Once the rice is cooked, drain well and place into serving bowls.
- 7. Once kebabs are cooked, place them next to the rice on the plate.

To Serve: Drizzle some lemon juice over the mixed leaves and serve with the kebabs and cooked rice.



Roasted Beetroot and Red Onion Tart Tatin

40ml Oil 300g Red onions 250g Beetroot 50ml Balsamic glaze 90g Feta cheese 160g Puff pastry 1 x Egg 20g Wild garlic

- Preheat the oven to 200-220°c and lightly grease 4 x Yorkshire Pudding tins with a solid base.
- Add the oil and the onions to a saucepan and gently cook in the oil until softened.
- 3. If the onions start to colour before they have softened, add a dash of water and cover the pan. Once cooked, tip the onions from the pan.
- 4. In a saucepan, bring some water to the boil and add the beetroot, cook for approximately 30 minutes until slightly softened.
- 5. Drain the beetroot and refresh under

cold running water.

- 6. Once beetroot is cold, remove outer skin.
- Slice the beetroot and layer into the preheated Yorkshire Pudding tins, drizzle the beetroot with the balsamic glaze.
- 8. Divide the onion mixture between the 4, and crumble the feta cheese on top.
- Cut out 4 circles from the puff pastry and place on top of the beetroot, onions and feta, make sure the pastry is tucked down the edges of the Yorkshire Pudding tins.
- Pierce the centre of the pastry to allow steam to escape, brush with egg and bake in the preheated oven for 15-20 minutes until cooked and golden.
- 11. Allow to cool for a few minutes, then turn out onto the serving plates.

To Serve: Serve garnished with beetroot leaves and freshly picked wild garlic.

Orzo and Roasted Vegetables

150g Aubergine 150g Red pepper 150g Yellow pepper 125g Red onion 2 x Garlic cloves 50ml Olive oil 160g Orzo pasta 1 x Lemon Salt & Pepper (to season) 100g Feta cheese

- 1. Place aubergines, peppers, onion and garlic into a baking tray, coat well in the olive oil and cook in a preheated oven at 180°c until golden brown.
- 2. Place the orzo in boiling salted water, simmer for 7-9 minutes until cooked.
- 3. Drain well, then transfer into a bowl, add the vegetables.
- Mix the lemon juice, olive oil, salt & pepper and pour over the pasta and vegetables.
- 5. Allow to cool slightly then add the feta cheese.

To Serve: Serve in a preheated serving dish.



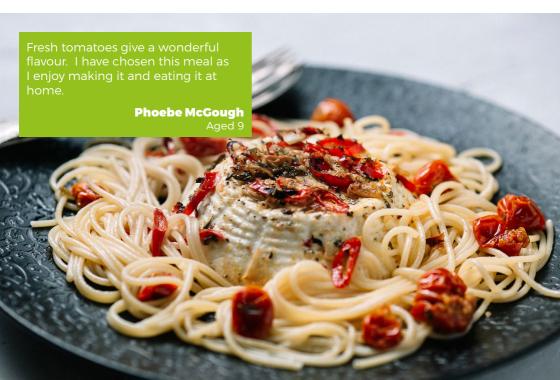
Baked Ricotta with Spaghetti

10g Garlic
5g Fresh chilli
150ml Olive oil
250g Ricotta cheese
150g Vine tomatoes
150g Spaghetti
1 x Lemon
50g Rocket
10ml Balsamic vinegar
Seasoning (to taste)

- Chop the garlic and chilli and mix with 150ml of olive oil.
- 2. Roll the ricotta in the mixture.
- Place the tomatoes onto a deep baking tray.
- 4. Place the ricotta onto the middle of the tray.
- Remember to wash your hands, then rub the remaining oil mixture over the tomatoes.

- 6. Place the tray into a preheated oven at 170°c for 30-40 minutes.
- With ten minutes of the cooking time remaining, cook the spaghetti in boiling salted water.
- 8. Drain spaghetti well, then remove the tray from the oven and add the spaghetti to the deep baking tray.
- 9. Squeeze some lemon juice over the top of the ingredients on the baking tray and gently mix together.
- 10. Place into a preheated serving dish.

To Serve: Serve with rocket and a drizzle of balsamic vinegar.





Chicken Encroute

40g Lardons
10ml Oil
Pinch of Paprika
50g Butter
50g Flour
150ml Milk
1tsp Mustard
Salt & Pepper (to taste)
100g Cheese
250g Puff pastry
260g Chicken breasts
1 x Egg
120g Carrots
200g Potatoes

- 1. Preheat the oven to 180°c.
- Fry lardons in small amount of oil, add the paprika, drain on kitchen paper and cool.
- 3. Melt the butter in a saucepan, add the flour and stir to form a roux, stir until all the flour is absorbed and then start to gradually add the milk. Once all the milk has been incorporated, whisk in the mustard and season with sea salt & white pepper.
- Add the cheese to the sauce, once melted remove the sauce from the heat and cool. Stir in the bacon

lardons.

- Place some of the cheese sauce in the middle of each square of puff pastry and place the chicken breast on top. Roll up and seal the edge with egg.
- Brush the parcel and place a piece of pastry cut out with a lattice cutter on top. Trim and tuck any loose edges under and place on a greased baking sheet.
- 7. Brush the parcel with beaten egg and place the parcels in the preheated oven for 30-40 minutes.
- 8. Peel & chop the carrots and potatoes, place into boiling water until cooked, drain well.
- Place a knob of butter back into the saucepan, allow the butter to melt then place potatoes and carrots back into saucepan and coat lightly with melted butter.
- Once the chicken is cooked and the pastry is golden brown, remove the chicken from the oven.

To Serve: Place chicken en croute, potatoes and vegetables onto preheated plate and serve.

Sam's Gluten Free Sweet Chilli Pasta

150g Red onion 170g Red pepper 10 x Spring onions 10 x Cherry tomatoes 260g Chicken breasts 250g Gluten free pasta 10ml Oil 20ml Sweet chilli sauce 30g Soft cheese Parsley (to garnish)

- Dice the onions, red peppers, spring onions and cut the cherry tomatoes into two.
- On a red board, slice the chicken breast into thin strips. Put pasta on to cook.
- Place the oil into a deep pan and place onto a medium heat, add the spring onions and cook until softened.
- 4. Add the chilli sauce, then add the sliced chicken to the pan.
- Once the chicken is cooked through, add the diced vegetables and the halved cherry tomatoes to the pan.
- Cook for a further five minutes until vegetables are starting to soften.
- Once pasta is cooked, drain well and add the pasta to the pan with the soft cheese.
- 8. Make sure the food is piping hot.

To Serve: Serve garnished with parsley and a whole cherry tomato.





Sausage Plait and Salad

250g Sausages
120g Onion
40g Bacon
Pinch of Sage
Pinch of Thyme
200g Puff pastry
1 x Egg
1 x Small mixed leaf salad

- Skin the sausages and place into a mixing bowl.
- 2. Chop the onion and bacon really fine.
- Mix with sausage meat, add the herbs and mix well
- 4. Cut puff pastry into 4 rectangles. Beat the egg.
- 5. Lay the sausage down the centre of the puff pastry.
- Cut the pastry on an angle 5 times each side. Fold the ends over the filling and egg wash so the pastry sticks down.
- 7. Fold the pastry over one piece from each side to create the plait.
- 8. Brush with the beaten egg.
- 9. Place in preheated oven 180°c for 40-45 minutes.
- 10. Once the pastry is cooked and golden brown, remove from the oven and cut the plait into 4.

To Serve: Transfer to clean preheated serving plates and serve with the mixed leaf salad.



Perfect Pasta

150g Onion
20ml Oil
400g Tinned tomatoes
Water (as required)
150g Celery (4 sticks)
200g Carrots
20g Red chilli
Pinch of Paprika
450g Pasta
20g Parmesan cheese
20g Butter
Salt & Pepper (to season)

- 1. Chop the onion into small pieces.
- Add the oil to a frying pan, brown the onions, then add the tinned tomatoes and a small amount of water.
- 3. Chop the celery and carrots and add them to the pan. Stir, then add the chilli and paprika.
- 4. Simmer ingredients until soft.
- 5. Blend all ingredients carefully using a hand blender.
- 6. Cook the pasta in boiling water, once cooked drain well.
- 7. Melt the butter in a saucepan and coat the pasta.
- Combine all ingredients together, making sure all the pasta is coated in the sauce.

To Serve: Place pasta into clean preheated serving bowls and top with grated parmesan.

Vegetarian Stuffed Mushrooms

4 x Large field mushrooms 100g Couscous or breadcrumbs 120g Philadelphia 1 x Fresh tomato 5g Mixed herbs 50g Grated local cheese

- Remove the stalks from the mushrooms, place onto a greased baking sheet.
- Add a layer of couscous or breadcrumbs.
- 3. Add a layer of Philadelphia, then place a slice of tomato on top.
- 4. Sprinkle with the herbs.
- 5. Sprinkle with the freshly grated local cheese.
- 6. Place into a preheated oven at 180°c.

To Serve: Serve on a warmed serving dish with a freshly made side salad with apples.

I chose this recipe because it's out of the box and different. I got the idea when my Nana was making my Dad's tea, only without the couscous. So the dish is inspired by my Nana. Don't forget the special ingredient, love!

Sophie Webb Aged 11



Fabulous Fishy Cakes

250g Potatoes
200g Salmon
100ml Semi-skimmed milk
50g Frozen peas
50g Can of sweetcorn
1 x Lemon
20g Parsley
4 x Spring Onions
60g Cheddar cheese
50g Oats
80g Salad leaves

- 1. Preheat the oven to 180°c.
- 2. Place some greaseproof paper onto a baking tray.
- Peel and cut the potatoes into small pieces, put into water, bring to boil then simmer until cooked.
- 4. Mash the potatoes.
- Poach the salmon in the milk until cooked (do not overcook).

- 6. Allow the salmon to cool slightly then flake into pieces.
- 7. Cook the peas and sweetcorn.
- 8. Zest and juice the lemon.
- 9. Combine all of the ingredients with half the cheese.
- 10. Shape into 4 large rounds or 12 mini rounds and coat with the oats.
- 11. Sprinkle a little cheese on top of each fish cake.
- Bake in the preheated oven for 15-30 minutes depending on size of fish cakes.
- 13. Once cooked, remove from the oven.

To Serve: Serve on warm serving plates with a mixed green salad.





Umama's Taco de Pollo

170g Chicken fillets (halal) 15g Lime 2g Cumin 2g Paprika 2g Red chilli 1g Chilli powder 2g Coriander 1g Mint leaves 50g Natural yoghurt 80g Chopped tomatoes 60g Cucumber 100a Icebera lettuce 40g Red pepper 10g Spring onions 2g Rapeseed oil 70g Taco shells 2q Garlic

- Slice chicken into small strips, place into a clean bowl, then wash hands.
- Make the marinade using half the lime juice, cumin, paprika, half the chilli, chilli powder, salt, coriander and a drop of water. Place in the fridge until needed.
- 3. Chop the mint, add to the yoghurt,

- mix well and divide between four dishes. Place into the fridge.
- 4. Add the remaining chilli to the tinned tomatoes and blitz with a blender until smooth. Place into a small saucepan. Set to one side.
- Spiralize the cucumber. Shred the lettuce. Chop the remaining lime into wedges.
- 6. Slice the pepper, onion and spring onion.
- 7. Heat the oil in a frying pan, add the chicken, stir fry until evenly cooked.
- 8. Add the onions, peppers and spring onions, stir fry for one more minute.
- 9. Place sauce onto stove to warm. Warm taco shells in oven at 160°c.
- 10. Pour sauce into small pots.
- 11. Fill tacos with the lettuce, chicken and vegetables.

To Serve: Place all items onto four plates, garnish with lime wedges and cucumber.

Hi5 on a Plate

170g Halal chicken
Boiling water (as required)
80g Rice
112g Cauliflower
112g Carrots
112g Peas
112g Sweetcorn
5ml Vegetable oil
50g Makarna
Seasoning (to taste)
Yellow food colouring
5g Parsley

- 1. Preheat the oven to gas mark 5, 190°c.
- 2. Place chicken in a tin, add a little water, then fit a tight fitting lid and place into the preheated oven for approximately 20 minutes.
- Place 2 cups of rice into a large bowl and add 3 cups of boiling water. Leave to soften for ten minutes, then drain well.
- 4. Chop all vegetables into very small pieces.
- 5. Place some oil into a large pan, add vegetables and makarna, fry gently then add the rice. Continue to stir, add some seasoning and yellow colouring to the pan, fill the pan halfway with water and put on the hob to simmer.
- Remove the chicken from the oven and slice into strips.
- Once the water has all been absorbed, taste to check seasoning and flavour.
- 8. Add the chicken to the rice and mix so the chicken is evenly distributed.

To Serve: Transfer chicken, rice and vegetables to a preheated serving dish, sprinkle with chopped parsley, serve and enjoy.



My Favourite Recipe

Have you got your own favourite recipe that can feed four people and be orepared and cooked within an hour? Write it down here to keep it safe. Ingredients	
	After you've made your recipe, take a photo of your efforts, print it out and attach it here.
Method	



Thank you

City Catering would like to thank the following schools for participating in Junior Chef of the Year 2017:

Burnwood Community Primary School

Heron Cross Primary School

Holden Lane Primary School

Kingsland CE Academy

Mill Hill Primary Academy

Moorpark Junior School

New Ford Academy

Our Lady and St Benedict Catholic Academy

Our Lady's Catholic Academy

Packmoor Ormiston Academy

Sandford Hill Primary School

Smallthorne Primary Academy

St Augustine's Catholic Academy

St Gregory's Catholic Academy

St John the Evangelist CofE (A) Primary School

St Maria Goretti Catholic Academy

St Mary's Catholic Academy

St Nathaniel's Academy

St Peter's Catholic Academy

The Willows Primary School











