

Pitta Bread

- 1** 200g self raising flour
1 tsp salt
1 tsp baking powder
200g natural yogurt

Weigh out 200g self raising flour into bowl



Add 1 tsp salt and 1 tsp baking powder



Add 200g of natural yogurt to the mix.



Mix the dough with a palette knife until it comes together.



Bring mixture together with your hands to form a dough. Knead for 4-5 minutes until smooth.



On a floured surface, divide the dough in to six equal sized pieces.



Roll each piece out into a small circle shape about 15cm in diameter.



Cook the pitta breads in a dry frying pan on a medium heat.



Repeat with the remaining dough.



Place in the heated oven at 200c until puffy and golden.



Serve immediately.



Think about flavours that could be added to make them more interesting!

Chicken Donner Kebabs

Marinade

- 2-3 chicken thighs
- ½ - 1 tsp chilli powder
- ½ tsp pepper
- ½ tsp parika
- 1 tsp onion granules
- 1 clove garlic
- 2 tsp cumin
- 1 tsp coriander
- 250ml natural yogurt
- 2 tbsp. tomato puree
- 1 tbsp. lemon juice
- ½ tsp Tobasco (optional)

1

2



3



4



Grate/finely chop the garlic, Measure out all of the spices into a small bowl.

Measure out 250ml yogurt. Add 2 tbsp. tomato puree, 1 tbsp. lemon juice, the garlic and spices. Stir.

On a red board, slice the chicken into large chunks.

5



6



7



8



Add the diced chicken to the marinade and stir.

Place 4-5 pieces of chicken onto the each skewer.

Place skewers onto foil covered tray and cook for 25-30 mins at 200c

Slice the onion - remember to leave the root on!

9



10



11



12



Shred the lettuce and the cabbage.

Place salad down centre of wrap.

Once chicken is cooked, remove with tongs and place on wrap.

Roll up the wraps and tuck in both ends before slicing in half.

Homemade Pasta

1



Weigh 200g of "00" flour and place on the table

2



Make a well in the centre of the flour

3



Crack the 2 eggs into a bowl

4



Pour the egg into the well in the flour

5



Lift the flour up from the outsides to cover the egg

6



Continue mixing the egg into the flour

7



Bring together to form a dough

8



Knead the dough until smooth

9



Roll out the dough with a rolling pin

10



Put through the roller side of the pasta machine

11



Put through the cutting side to make your pasta

12



Place on tray and leave to dry

Dough Balls

Preheat oven 200c

- 1 200g Strong flour
1 sachet yeast
1 Tsp sugar
Pinch salt
125ml warm water
Garlic butter/parsley

Weigh out 200g strong white flour into bowl



Add 1 packet of dried yeast and pinch of salt



Put 125ml WARM water into a jug (hand hot)



Gradually pour in the water, mix with palette knife



Bring mixture together with your hands to form a dough



Knead the dough for approx 5 mins or until smooth and elastic



Divide into 12 equal pieces, roll into even balls



Place on baking tray - grate garlic, microwave butter for 30 seconds



Brush with garlic butter. Place in oven at 200c



Bake for 10-12 minutes until golden



Place on cooling rack and leave to cool



We are using this dough next lesson to make pizza!

KFC Style Chicken Burger

- 1**
- 1 Chicken breast (cut in half)
 - 1 egg
 - 50g flour
 - 1 tsp paprika
 - ½ tsp pepper
 - 75-100g cornflakes
 - Salad – lettuce, tomato, cucumber, onion
 - 50/50 burger bun

For a Zinger burger:
1 tsp chilli powder



Weigh the flour and all of the spices into a small bowl.



Crack the egg into another small bowl. Beat with fork.



Weigh your cornflakes, crush in a plastic bag with a rolling pin and put the bag aside.



Butterfly the chicken breast to create two halves.



With the chicken on a red board, coat in seasoned flour.



Dip the chicken in to the bowl of egg – make sure it is all covered.



Now place the chicken into the bag of cornflakes to cover. Place in the oven 15-20 mins.



Shred the lettuce and prepare any other salad. Add cheese slice if using.



Place low fat mayonnaise on top bun. Place salad on same half of the bun.



Once chicken is cooked, remove with tongs and place in the bun.



Challenge and stretch:
If time, create your own coleslaw with the ingredients provided.

Chicken Arrabbiata and Pasta

- 1 onion
- 1 clove garlic
- 1 breast chicken
- 1 tsp oil
- 1 tin tomatoes (1 tbsp tomato puree)
- 1 chilli
- Pepper and mixed herbs
- 200g pasta
- 1 vegetable stock cube

1

Choose your ingredients

2



Finely dice the onion. Peel and grate the clove of garlic, dice the chilli.

3



Slice the chicken into small strips.

4



Add 1 tsp oil and fry onion, chilli and garlic for 2 mins add chicken.

5



Cook the chicken until sealed - white in colour.



Add the tomatoes, a pinch of herbs and a pinch of pepper



Add stock cube and 200g pasta to boiling water



Leave to simmer for 10-12 minutes until al dente

9



Using a colander, drain the pasta

10



Stir the sauce that should now have thickened

11












Serve the pasta with the arrabbiata sauce, garnish.

12



How could you adapt this recipe to cover more food groups?

Spicy Spanish Meatballs - Albondigas

<p>For the meatballs: 150g minced beef 1/4 chorizo sausage 1 egg 2 slices of bread as breadcrumbs 30g parsley 1 garlic clove 50g pasta per person</p>			
<p>Prepare yourself and your ingredients. Pre heat oven 200c</p>	<p>Skin and chop the 1/2 chorizo into small diced pieces, put into bowl.</p>	<p>Add 150g of minced beef, 1 egg and 60g breadcrumbs.</p>	<p>Grate or finely chop the garlic and add to the bowl.</p>
		<p>For the sauce: 1 onion 1 garlic clove 1 tin tomatoes 1 tsp mixed herbs 1 tsp tomato puree 1 stock pot</p>	
<p>Mix together. Use 1 heaped tsp mixture to roll into small bite sized balls.</p>	<p>Place onto baking tray and cook for 20 minutes at 200c</p>	<p>Now begin the sauce.</p>	<p>Dice the onion and grate the garlic. Fry on a low heat for 1 minute.</p>
			
<p>Add the tin of tomatoes and mixed herbs. Simmer gently for 10 minutes.</p>	<p>Add the tsp tomato puree and stock pot. Stir.</p>	<p>Simmer for a further 10 minutes or until sauce has thickened.</p>	<p>Serve the meatball in the sauce and garnish with chopped parsley.</p>

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