

YEAR 8 POWER RECIPES

Carrot and Coriander Soup

60g split red lentils
2 tablespoons olive oil
1 onion, chopped
1 large potato, cubed
375g carrots, peeled and cubed
900ml vegetable stock
Salt and pepper
15g coriander leaves, chopped * add at home
Grated nutmeg (optional)

Rinse lentils and cover with boiling water for 10 minutes.
Heat oil and sauté onions for 5 minutes until soft.
Add potato, carrots, lentils and stock. Bring to the boil, lower heat and simmer for 20 minutes.
Blend and add the coriander when ready to serve. Check seasoning.

Carrot and Pea Samosas

3 tablespoons olive oil
1 garlic clove, crushed
1 red chilli, deseeded and diced
1 cm root ginger, finely diced
1 teaspoon cumin, ground or seeds
2 teaspoons mustard seeds
1 small sweet potato, peeled and diced
1 carrot, grated
1 small onion, diced
150g peas
1 tablespoon fresh coriander or 1 teaspoon dried coriander
1 pack Filo pastry

Heat 2 tablespoons of oil in pan and sauté all filling ingredients for 10 minutes, except for the peas.
Add peas and cook slowly for 5 minutes, remove from heat and allow to cool.
Cut filo sheets in half, lengthways and add filling to make triangles.
Brush with oil, place in oven, 190c for about 10 minutes.

Apricot Rock Buns

250g plain wholemeal flour
1 teaspoon mixed spice
1 teaspoon baking powder
75g butter
75g demerara sugar
125g chopped, dried apricots
zest of 1 lemon
1 egg
4 tablespoons milk

Grease baking tray.

Sift flour, spice and baking powder into mixing bowl, add bran.
Rub in the butter and stir in the sugar, apricots and lemon zest.
Beat egg and milk together and add to dry ingredients.
Place spoonfuls onto tray and roughen the surface.
Bake in oven, 220C for 12-15 minutes.

Potato Curry

1 tablespoon olive oil
1 onion, chopped
1 garlic clove, crushed and chopped
1 pepper, deseeded and chopped
2 chillies, deseeded and chopped
5cm root ginger, peeled and finely chopped
¼ teaspoon ground coriander
¼ teaspoon ground cumin
1 tablespoon white wine vinegar
500g chopped tomatoes (2 cans)
500g potatoes, scrubbed and cubed, don't peel
Coriander or parsley to garnish

Heat oil in pan and sauté the onion, garlic, chillies, pepper and spices for 3 minutes, do not brown.
Stir in the vinegar, tomatoes and potatoes, cover with a lid and cook slowly for 15 minutes.

Banana or Date Muffins

200g plain flour
3 teaspoons baking powder
1 ½ teaspoons ground cinnamon
grated nutmeg
50g ground almonds
50g soft brown sugar
2 eggs
2 tablespoons sunflower oil
125ml milk
3 tablespoons honey
2 large ripe bananas or 150g dates.

Sift flour, baking powder and cinnamon into bowl. Stir in nutmeg, almonds and sugar.
Lightly mash the bananas, or add dates, mix with the remaining ingredients.
Work the dry and moist ingredients together, spoon into muffin cases.
Bake in a preheated oven, 190C, for 25 minutes, a cocktail stick should come out clean.

Pink Grapefruit, Pine Nut and Watercress Salad

2 pink grapefruit
75g pine nuts
200g watercress
4 tablespoons Parmesan cheese

Dressing: 3 tablespoons of light oil, 2 teaspoons white wine vinegar, 1 teaspoon Dijon mustard, salt and pepper

Lightly toast the pine nuts in a pan.

Place dressing ingredients in a screw top container and shake. Add to the salad at home.

Peel and segment the grapefruit.

Mix grapefruit, watercress and pine nuts together and place in an air tight container.

Watercress Soup

1 onion, chopped

2 bunches of watercress

1 medium potato

1 tablespoon sunflower oil

1 litre vegetable stock

125ml natural yoghurt

Salt and pepper

Sweat onion, watercress and potato with the oil in a covered pan for 7 minutes.

Add stock and simmer for 10 minutes.

Liquidise and season to taste.

Stir in the yoghurt and heat through but DO NOT allow to boil.

Welsh Rarebit Cornbread or Chorizo Cornbread

125g cornmeal or polenta

125g plain flour

2 rounded teaspoons baking powder

½ teaspoon English mustard powder

200g can sweetcorn

150g Cheddar cheese, grated or 75g Chorizo, chopped

1egg

200ml skimmed milk

2 tablespoons olive oil

½ teaspoon Worcestershire sauce

Salt, pepper, nutmeg

Line a loaf tin or deep tray with parchment.

Put polenta, flour, baking powder and mustard in a bowl, add salt and pepper.

Stir in the corn and cheese or chorizo.

Lightly beat the remaining ingredients and add to the bowl.

Pour the mixture into the tin and bake in a preheated oven, 220C, for 20-30 minutes until crusty and a skewer comes out clean.

Crunchy Oat Fruit Crumble

500g prepared fruit, rhubarb, apples, plums or other fruit of your choice

50 sugar

2 tablespoons water

75g butter

125g light brown or Demerara sugar

250g porridge oats

50g plain wholemeal flour

Prepare fruit and place in ovenproof dish with the sugar and water.

Rub the butter into the oats and flour until it looks like breadcrumbs.

Add the sugar and pour over the fruit base.

Bake in a preheated oven, 180C for 20 minutes, until golden brown.

Date Flapjacks

300g dates, pitted, split the date open lengthways and ease out the pit.

100ml water

75g butter

125g sugar

1 tablespoon golden syrup

300g oats

Lightly grease an 18cm cake tin.

Put the dates in a pan with the water and cook slowly, breaking up with a wooden spoon until pulpy.

Blend if possible.

Melt butter, sugar and syrup. Stir to dissolve the sugar.

Add the oats.

Press half the mixture into tin and lightly press down.

Spread with the date mixture and top with the remaining oat mix.

Place in a preheated oven, 180C, for 20 minutes or until golden.

Cut into squares whilst hot.